

Good Breakfasts

By AMBROSE HEATH

author of *Good Food, Good Sweets,*
Good Drinks, etc.

This is a most welcome addition to the Ambrose Heath books. How many of us long to be freed from the tyranny of eggs and bacon but don't know what to substitute! Cookery books, in general, contain few breakfast ideas: Ambrose Heath fills the gap with a whole book on the subject. Even the eggs-and-bacon diehards, forced by rationing to admit revolutionary ideas, will join the chorus of gratitude.

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GOOD BREAKFASTS

also by Ambrose Heath



GOOD FOOD
GOOD FOOD ON THE AGA
MORE GOOD FOOD
GOOD SOUPS
GOOD POTATO DISHES
GOOD SWEETS
GOOD SAVOURIES
GOOD DRINKS
GOOD FOOD WITHOUT MEAT
MEAT DISHES WITHOUT COUPONS
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FROM CREEL TO KITCHEN: RECIPES FOR RIVER FISH
SAVOURY SNACKS
AMERICAN DISHES FOR ENGLISH TABLES
COOKING IN WARTIME
THERE'S TIME FOR A MEAL
with C. H. Middleton
FROM GARDEN TO KITCHEN

GOOD BREAKFASTS

by

AMBROSE HEATH

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To
THE BURLISONS
whose breakfast
always smells
so good

The lack of bacon has disturbed our native breakfast-dish, and brought doubt and distress into many an early morning kitchen. The purpose of this little book is to help to dispel these two concomitants of war-time, and still to promote what Izaak Walton called "a good, honest, wholesome, hungry breakfast".

A.H.

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BREAKFAST DISHES—HOT

BACON FRITTERS

In rationing time every subterfuge has to be discovered to make bacon go as far as possible. Here is one of them. Roll up some thin rashers of lean bacon, tie them with string, parboil them, and let them get cold. Untie them then and dip them in a good coating batter, and fry them in deep fat.

BACON PANCAKES

Cut up some bacon rashers in very small pieces (better not to mince, but it can be done if necessary), put them into a small basin and pour hot water over them. Make some pancake batter and when it is ready, drain the bacon and add it with a seasoning of pepper. Fry the pancakes in the usual way.

BACON ROLLS

Another way of making bacon go further. Make some short-crust pastry with dripping, roll it out and cut it into pieces about three inches square. Put a thin

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piece of bacon on each, and roll it up. Brush over with milk, and bake in a hot oven for ten minutes. Very thin slices of hard-boiled egg can be rolled up with the bacon as well, if you like.

BANANAS AND BACON

After frying the bacon, fry in the same fat some bananas cut in slices lengthwise.

BLACK PUDDINGS

More people, I am convinced, would enjoy these extremely savoury sausages if they knew what to do with them. The best way to eat them is to put them into hot water for a quarter of an hour and then to grill them.

BLOATER FILLETS ON TOAST

Simmer the bloaters in hot water for two or three minutes, then skin them and fillet them. Brush the fillets over with butter or margarine, sprinkle them with freshly ground black pepper, put each on a finger of buttered toast and bake in the oven for a few minutes.

BOULETTES OF FISH

Large-flake fish like cod or salmon can be used to make a most attractive breakfast dish. Separate the large flakes while the fish is quite warm, and fill the hollow sides with a little thick fish sauce, perhaps containing some chopped shrimps or prawns. Leave

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the stuffed flakes all night, and in the morning egg-and-breadcrumb them and fry them.

BREAD, FRIED, WITH BACON

Large pieces of fried bread served with bacon and eggs are sometimes rather overwhelming. Do not forget that the little bread *croûtons* usually served with soups are just as much fried bread and a good deal more delicate in appearance.

COD À LA MAÎTRE D'HÔTEL

Separate a pound of boiled cod into large flakes. Melt two ounces of butter or good margarine in a wide stewpan and fry a little sliced onion in it for a minute or two, just to flavour the butter slightly. Now take out the onion, and add a teaspoonful of finely chopped parsley, the juice of half a lemon, a good pinch of freshly ground black pepper, and the flakes of cod. Shake over the flame until hot, but not fried at all, and serve at once.

COD BAKED WITH BACON

Smear a fireproof dish, not too shallow, with a little bacon fat, and lay in it some small cutlets, or fillets of cod, seasoned with pepper and a little salt. Cut two rashers of streaky bacon in half, and put these over the fish. Add another two layers, and bake for half an hour with the lid on. Then take off the lid, let the top layer of bacon crisp, and serve as it is. If liked, a little chopped parsley can be added to the seasoning, and be careful with the salt, unless the bacon is very mild.

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CODFISH PIE

Boil two pounds of cod in a little water, not more than just enough to cover it, and when it is done, flake it up in large pieces, and mix these lightly with two tablespoonfuls of cooked ham or bacon finely chopped and a teaspoonful of finely minced parsley. Season with salt and pepper. Make a sauce with an ounce each of butter and flour, and the liquor from the boiled cod reduced by boiling to three-quarters of a pint. Put a layer of the fish in a pie-dish, cover with the sauce and repeat the layers until the dish is full. Cover with pastry or mashed potato and bake in a moderate oven for half an hour.

COD'S LIVER

This makes a good breakfast dish if you parboil it, and cut it into small pieces. Put the pieces in scallop shells, add a little white fish sauce, sprinkle with bread-crumbs, dot with butter or margarine and bake in a fairly hot oven for ten minutes or so.

These little *coquilles* can be much improved if, say, a dozen sauce oysters are added. These must first be just blanched in their own liquor, halved or quartered and mixed with the cod's liver, while the liquor is added to the sauce.

COD'S ROE, FRIED

Having washed a fresh cod's roe weighing about a pound and a half in salted water, put it into stewpan with a small sliced onion, bouquet of parsley, thyme,

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and bayleaf, a dessertspoonful of vinegar, six peppercorns and half a teaspoonful of salt, covered with boiling water, and simmer gently for about an hour and a half. When it is cold, cut it into thick slices, egg-and-breadcrumb them and fry them.

COD STEAKS

Deep fat frying is rather an unkindly task first thing in the morning, but simply dip your cod steaks, which should be compact and small, in seasoned flour, and fry them golden on each side in butter or good margarine. Serve them well drained either sprinkled with parsley or lemon juice, or accompanied by some butter or other, *maître d'hôtel*, parsley, shrimp, anchovy, or mustard.

COD'S TONGUES

These are worth buying if you have the chance. Boiled, cut up coarsely and then served *en coquille* either with sauce or butter and breadcrumbs, they are excellent.

CONGER EEL, FRIED

This is an inferior version of the cod steak, though it is even preferred by some. Cut a piece of small conger into slices about three-quarters of an inch thick and roll them lightly in seasoned flour. Egg-and-breadcrumb them carefully and fry them slowly in shallow fat until they are nicely browned and the flesh begins to come away from the middle bone. Drain well and

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serve with some such savoury butter as recommended for cod steaks—*maitre d'hôtel*, anchovy, shrimp, etc.

COUNTRY EGGS

Have ready a little bacon cut in dice, fry them, keep them hot and in the same fat fry some small cubes of raw potato. Put these in a shallow fireproof dish (buttered), adding a little chopped parsley if you like and a seasoning of pepper. Break your eggs on top, and bake until they are set. Cubes of cooked mushroom may also be added.

DEVILLED CHICKEN (I)

Make a devil butter by kneading together the following ingredients—an ounce and a half of butter or good margarine, a teaspoonful of chutney, half a teaspoonful of anchovy essence or paste, half a teaspoonful of lemon juice, and a good pinch of cayenne. Fry the pieces of chicken until well browned, spread them with some of the butter, and put them back for a minute in the oven before serving.

DEVILLED CHICKEN (II)

Make a devil butter as follows: pound together four ounces of butter or good margarine, a teaspoonful each of dry mustard, freshly ground black pepper and salt, half a teaspoonful of cayenne pepper, and a tablespoonful of Worcestershire Sauce. Score the meat, and grill it. Then smear with the devil butter, and put back in the oven for a few minutes.

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DEVILLED ROES ON TOAST

Melt a small piece of butter with half a teaspoonful of made mustard, with salt and pepper. Cook the soft herrings' roes very gently in this liquid (five minutes will see them cooked) and serve them on hot buttered toasts.

ANOTHER DEVIL (I)

One tablespoonful of butter, two teaspoonfuls of French mustard, one teaspoonful of made English mustard, half a teaspoonful of lemon juice, one teaspoonful of chutney, with salt and cayenne pepper. This mixture is spread on the meat to be devilled: it is then sprinkled with browned breadcrumbs, and then baked or grilled.

ANOTHER DEVIL (II)

Pound together four ounces of butter, a teaspoonful each of freshly ground black pepper, mustard flour, and curry powder, half a teaspoonful of cayenne pepper and a tablespoonful of Worcestershire Sauce. Put this butter on the meat after grilling, and heat through afterwards.

EGG AND BACON PIE

Line a plate or shallow dish with pastry, and spread a layer of cooked bacon on it. Break some eggs over it so that the whites cover the whole of the bacon, and the yolks are spaced fairly evenly. Cover with a thin top of pastry, and bake in a moderate oven for

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half an hour. Serve hot. (For cold *Egg and Bacon Pie*, see page 82.)

EGG FRITTERS (I)

Poach some eggs, and when they are cold, trim them all to the same shape and size. Enclose each in some very thin puff paste, pinching the edges well together, and egg-and-breadcrumb them, and fry them.

EGG FRITTERS (II)

Cut the hard-boiled eggs in half lengthwise. Brush the cut side with beaten egg and stick on a thin slice of ham or tongue cut to the shape of the egg. Dip the prepared egg-half into frying batter, and fry in deep fat.

EGG FRITTERS (III)

Poach some eggs, and when they are cold, drain them well, dip them in a thickish coating batter and fry them in deep fat.

EGGS À LA LEE

Have ready some circles of toast, buttered, and on each put a thin slice or two of lean cooked ham. Put a poached egg on each, and surround with mushroom sauce.

EGGS À LA POLONAISE

This is rather complicated, but extremely good, more particularly on a wet and foggy morning when

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there is no need to go out and you can contemplate your breakfast at leisure. Take a teacupful of small dice of bread, fry them golden in clarified butter or good margarine, and drain them well. Beat four eggs, and add to them a tablespoonful of cream, a teaspoonful of finely chopped parsley, the fried bread cubes, a seasoning of salt and pepper and, if you can get them and do not object (as I do) to the taste of onions at breakfast, a teaspoonful of finely chopped chives. Or leave these last out. Put two tablespoonfuls of clarified butter into a stewpan, add the mixture, and stir over the fire until it is thick enough to spread, being careful not to overcook it as it will go on cooking in the pan. Then drop spoonfuls of it into hot clarified butter (or margarine), fry on both sides, drain and serve.

EGGS À LA PORTUGAISE

Scramble some eggs, dish them in a circle, and fill the centre with a not too thin stew of tomatoes.

EGGS À LA WASHINGTON

Choose some large ripe tomatoes, but not too ripe, scoop out enough of the inside to leave room for an egg, then sprinkle the inside with salt and pepper. Break an egg into each tomato, put a dot of butter or margarine on top, a little chopped parsley as well, if you like—and bake in the oven until the egg is set.

EGGS AND BACON

A change from the usual way. Take the rind from

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the rashers and cut each in half across. Put them into a baking-tin, pour two or three tablespoonfuls of milk over them, and bake them golden brown in a moderate oven. Serve them with poached eggs.

EGGS AU GRATIN

Hard-boil half a dozen eggs and slice them fairly thickly. Put a good tablespoonful of good white sauce in the bottom of a buttered pie-dish and arrange a layer of the slices on this. Cover these with a thin layer of minced mushrooms, parsley, and, if you like, some very finely chopped ham or bacon, sprinkle with salt and pepper, and repeat these layers until the dish is full, dotting the top layer—which must not be eggs—with some little bits of butter or margarine. Bake until the top is browned, in a good oven, and serve at once.

EGGS, BAKED À LA BERCY

Bake the egg in a dish (*sur le plat*) with butter, and when it is done, garnish it on each side with a small grilled chipolata sausage and pour a thin ribbon of tomato sauce round it.

EGGS, BAKED, À LA PARMENTIER

Fry some thin slices of raw potato in butter, and drain them when golden brown. Put a layer of these into a shallow fireproof dish, break some eggs over them, cover with cream, season with salt and pepper, and bake in the oven for about five minutes.

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EGGS, BAKED, IN BACON RINGS

Grill some bacon rashers partly, and put each into a muffin-tin. Break an egg into each, and bake in a moderate oven for about ten minutes. Serve at once on buttered toasts.

EGGS BAKED IN CREAM

Mix together, for each person, a good tablespoonful of thick cream, three dessertspoonfuls of dry white breadcrumbs, and a quarter of a teaspoonful of salt. Put half a tablespoonful of this into an individual baking-dish (*plat*), break in the egg and cover it with the rest of the mixture. Bake for six minutes in a moderate oven.

EGGS BAKED IN MASHED POTATO

Put a thick layer of well-seasoned and nicely mashed potatoes in a greased shallow fireproof dish, and make four hollows in it. Into each of these break an egg, put a little butter or margarine on each egg and bake until they are set.

This dish can be varied by making a mixed *purée* with the potato, e.g. with flaked smoked haddock, kipper, ham, tongue and so on.

EGGS, BAKED, WITH BACON

Break the eggs into a slightly buttered shallow dish (for these are eggs *sur le plat*), and cover each with a thin rasher of bacon. Cook for five or six minutes in a hot oven, and if you like the bacon crisp, turn it. An

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economical way of cooking eggs and bacon in one dish.

EGGS, BAKED, WITH HAM

Butter a shallow fireproof dish, and lay some thin slices of lean ham or bacon (cooked) in the bottom. Break an egg on each slice of ham, and bake in the oven until the eggs are done.

EGGS, BAKED, WITH HAM OR TONGUE

Sprinkle some buttered patty-pans with chopped parsley, break an egg into each, add a dab of butter and bake until the egg is lightly set. Turn these out, upside down, on toasts which have been spread, first with butter and then with chopped ham or tongue.

The variations of this dish are obviously many.

EGGS, BAKED, WITH MUSHROOMS

Prepare, slice, and stew some mushrooms in a little butter or margarine for ten minutes or so. Spread them in a shallow fireproof dish, seasoning with salt and pepper, break some eggs over them, and bake in the oven until set.

EGGS, BAKED, WITH SAUSAGES

Bake half a pound of chipolata sausages in a fireproof dish, and when they are done, take them out and keep them warm. Break three or four eggs into the dish, cover them with fine breadcrumbs and bake for three minutes. Serve garnished with the sausages.

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EGGS EN COCOTTE WITH MUSHROOMS

Butter some little earthenware *cocottes*, and in the bottom of each put a little chopped mushroom; add a few small dice of bacon if you like. Break an egg into each, add a slither of butter, and bake in the oven until set.

EGGS, FRICASSÉE OF

Arrange some small slices of grilled bacon or ham on hot toast. Lightly toss slices of hard-boiled egg in a little butter without breaking them, arrange these over the bacon, and pour over all a white sauce seasoned with chopped parsley and bound with a yolk of egg beaten with a teaspoonful of lemon juice.

EGGS, HARD-BOILED AND FRIED

Cut some hard-boiled eggs in halves lengthwise, and fry them in butter. They can also be egg-and-bread-crumbed and fried.

EGGS IN SHELLS

Make some good white sauce, preferably with some fish stock in it, and flavour it with shrimp butter or paste. Chop up finely some hard-boiled eggs, mix with the sauce, put the mixture in scallop shells, sprinkle with some lightly browned breadcrumbs, and heat through in the oven.

EGGS, POACHED, AND HAM

Poach your eggs, trim them, dish them on buttered

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toasts, spread if you like with a little ham paste, and scatter over the top on serving a little very finely chopped parsley and grated lean ham.

EGGS, POACHED, ON HADDOCK

Make a nice creamy *purée* of cold smoked haddock, adding a few chopped capers if you like the flavour. Spread this on toasts, and surmount each by a nicely drained poached egg.

EGGS, POACHED, ON TONGUE

Chop up some cold tongue fairly finely, mix it with a little chopped parsley and bind it with a little butter. Spread toasts with this and surmount each by a well-drained poached egg.

EGGS, SCALLOPED

Chop up four hard-boiled eggs finely. Sprinkle the bottom of a greased baking-dish with buttered crumbs, and put half the egg over them. Cover these with white sauce, and the sauce with chopped tongue. Repeat these layers and finish with a layer of crumbs. Bake in a moderate oven until the crumbs are browned.

EGGS, SCRAMBLED, AND TOMATOES

A Spanish version of eggs *à la portugaise*. Parboil three or four ripe tomatoes, rub them through a sieve, and put the pulp into a pan with an ounce of butter or good margarine or dripping. Season with salt and

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pepper, and break two or three eggs into it, scrambling them in the usual way.

A pleasant variation of this is to substitute for one of the tomatoes a tinned sweet red pepper (*pimento*). This, of course, is not parboiled but simply rubbed through the sieve with the tomatoes.

Little pieces of cold bacon or ham or slices of sausages can be added to this 'scramble' for greater substance.

EGGS, SCRAMBLED, SAVOURY

Vary this very delicious but sometimes monotonous dish of eggs by using a savoury butter with which to spread the toasts on which the golden egg reposes: anchovy, shrimp, ham, tongue, even a light curry butter if your early morning palate will stand it.

EGGS, SCRAMBLED, WITH POTATOES

Have some raw potatoes cut in tiny dice of the same size as the little *croûtons* served with soups. Cook these in butter until they are golden, then drain them and keep them hot. Scramble your eggs, and when they are just on done, mix in the potato *croûtons*. Sprinkle with a little chopped parsley and serve at once.

EGGS, SCRAMBLED, WITH SALT BEEF

Cold salt beef, if minced, makes an excellent addition to scrambled egg. It must, of course, be heated before being added to the egg at the last minute.

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EGGS, SCRAMBLED, WITH SAUSAGE

Get some good luncheon sausage, and cut it into as many slices, about a quarter of an inch thick, as you want. Butter some rounds of toast the same size, put a piece of sausage on each, and warm through in the oven. When hot, scramble some eggs, and put a few spoonfuls or two on each sausage ring. Serve as hot as possible.

EGGS, SCRAMBLED, WITH SMOKED SALMON

Use either the ordinary smoked salmon, or Lax, which is smoked salmon tinned in oil. Mix the fish, cut in little bits and first warmed, with the scrambled eggs, or warm slices of the fish on the toasts and surmount by scrambled egg on serving. In any case, use plenty of black pepper.

EGGS, SOFT-BOILED AND SHELLED

There is no simple way of describing what the French call *œufs mollets*, but they are very useful for dishes in which, in the ordinary way, poached or baked eggs would be used. Boil the eggs for *five minutes and no more*, then transfer them at once to cold water (to prevent their cooking longer), and leave them there for ten minutes. They should be carefully shelled, when the white will be found to be set, and the yolk still soft.

EGGS, STUFFED

Stuffed hard-boiled eggs make an excellent breakfast dish, if served *hot* on buttered toasts.

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EGGS WITH SHRIMP SAUCE

Poach some eggs and trim them. Arrange them on rounds of buttered toast, and mask each with a thickish white sauce to which you have added some picked shrimps and a dash of anchovy essence or some anchovy paste.

EGGS WITH SOUR CREAM

Have ready some rounds of toasted bread three inches in diameter, with a circle an inch and a half in diameter cut out of the middle. Put these rings in a well buttered fireproof dish, pour over them as much sour cream as they will absorb without getting sodden, and then break an egg carefully into the middle of each ring. Sprinkle these lightly with pepper and salt, and pour a teaspoonful of milk over each egg. Bake until the whites are set, but not hard, and serve at once.

FISH, BAKED

The Americans have a way of baking fish which is unusual in this country. Cut the fish in pieces for serving, dip them in salted milk (using three teaspoonfuls of salt to each half pint of milk), and then roll them in fine breadcrumbs. Arrange them in a greased baking-tin, sprinkle them with melted butter or margarine (three teaspoonfuls to each pound of fish), and brown quickly in a *very* hot oven. They will take about ten minutes.

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FISH BALLS

Cut some salt cod (dried) into small pieces, until you have a breakfastcupful. Have ready two heaped breakfastcupfuls of raw potatoes cut in small cubes. Cook fish and potato together in enough water to cover them, until the potatoes are nearly soft. Drain well in a colander, and put back into the stewpan. Dry over the heat, mash well together, and add two teaspoonfuls of butter, some pepper and a well-beaten egg. Beat for two minutes with a fork. Put into a frying basket in spoonfuls and fry for one minute in deep fat. Fry not more than six at the same time, and drain well before serving.

FISH CAKES

(Japanese fashion)

Mix equal quantities of flaked cooked fish and boiled rice. Season well and bind with beaten egg. Shape into small cakes, and fry on each side in hot oil.

FISH CAKES, SAVOURY

Pound up a breakfastcupful of cooked white fish, and add to it the same amount of breadcrumbs, a seasoning of salt, pepper, chopped parsley, and thyme, half a dozen cooked mushrooms finely chopped and a breakfastcupful of picked shrimps. Bind with an egg, roll into balls, egg-and-breadcrumb and fry golden brown.

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FISH CAKES (SMOKED HADDOCK)

Boil a smoked haddock in a little milk, and flake it up finely. Make a sauce with an ounce of butter, an ounce and a half of flour and a gill of the liquor from the fish, seasoning it highly with pepper and adding a few drops of lemon juice. Mix the fish with this, and when the sauce is cold, roll the mixture into balls with floured hands, egg-and-breadcrumb them and fry them golden brown.

FISH, FILLETED, WITH HAM

Flounders, if they can be got, are good for this. For each fillet trim a piece of cold cooked ham, a quarter of an inch thick, roughly to the size of the fillet. Put the fillet on the ham, season with salt and pepper and wrap in buttered paper, twisting the ends to keep as airtight as possible. Lay the paper bags in a baking-dish, brush them over with oil or butter and bake them in a hot oven for a quarter of an hour. Serve them as they are, in the paper bags, with melted butter.

FISH FRICASSÉE

Cut a pound of filleted fish into pieces about an inch and a half square (good cod fillet would be all right for this dish). Put half a pint of milk, a gill of water, and a seasoning of salt, pepper, a bayleaf, and a blade of mace into a stewpan, and when the liquid is warm, add the piece of fish. Bring to the boil, and simmer for ten minutes. Dish the fish, remove the herbs, thicken the sauce with flour and butter, add a teaspoonful of

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chopped parsley and finally bind with a yolk of egg beaten with a teaspoonful of lemon juice. This can be served in a border of boiled rice or mashed potato, if liked.

FISH HASH

Take some cold flaked fish and cold boiled potatoes, half and half. Fry these slowly, well seasoned, in bacon fat, cooking until well browned underneath. Then fold in half and serve like an omelette.

FISH PANCAKES (I)

These stuffed pancakes will make good breakfast fare. Flake up some cold white fish, or better some cold salmon, and bind it with a little well flavoured white fish sauce, adding a modicum of chopped parsley and a few shrimps to enliven its appearance. Make some thin unsweetened pancakes, and when they are done, stuff them with the mixture, arrange them in a dish and put them back into the oven for a minute or two to heat well through.

FISH PANCAKES (II)

Simpler still is to pound some cooked white fish finely, season it well and mix it with the pancake batter itself. Cook very small pancakes of it, and serve them quickly accompanied by a half melted *maitre d'hôtel* or anchovy butter or a mixture of these two butters, half and half, which is excellent.

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FISH SAUSAGES

Flake up a pound of cooked white fish, and mix it with a breakfastcupful of breadcrumbs, a teaspoonful of chopped parsley and a seasoning of salt, pepper and nutmeg and if you like, a dash of anchovy essence. Mix well together and beat in an egg with a teacupful of milk, or enough to make the mixture thin enough to handle. Shape it into sausages, let them dry a little and then coat them with a second egg, well beaten. Roll them now in lightly browned breadcrumbs, and fry them a good brown in a frying-pan of fat.

FISH SOUFFLÉ (SIMPLE)

Flake finely some cooked white fish, season it well, mix it thoroughly with half its weight of well and smoothly mashed potato, adding a few spoonfuls of cream or a little less milk. Beat up a couple of egg-whites stiffly, fold them lightly into the fish-potato mixture, and bake in a greased *soufflé*-dish for twenty minutes.

FISH TARTLETS

Those who like pastry for breakfast (and who can resist sausage rolls?) will like this simple dish of fish. Line some little tartlet pans with thin short-crust pastry and bake them 'blind' in a good oven for ten minutes. Into each put a spoonful or so of flaked white fish bound with a good fishy white sauce, which may be flavoured in any way you wish, say with a little lemon juice, anchovy essence, or chopped parsley. Now

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sprinkle them with a few breadcrumbs, put them back in the oven for their tops to brown, and eat them as soon as they come out.

FLOUNDERS

These, with dabs, are superexcellent for breakfast, when you can get them, especially if fried. But they may also be tried *boiled*. Add a dash of vinegar to the salted water, and serve the flounder, well drained, with a suitable sauce. A grilled flounder, if large enough, surpasses both of these.

FLUFFY EGG NEST

Beat the egg-white until stiff with a tiny pinch of salt. Arrange this in a little heap on buttered toast, making a depression in the middle of the white. Into this put half a teaspoonful of butter, and then the egg-yolk. Bake in a moderate oven until this yolk is set.

GLOUCESTER SALT COD

Another American dish. Cut soaked salt cod fillets into two-inch pieces, cover them with lukewarm water and leave for a quarter of an hour. Drain, dry well and fry in shallow butter in a frying-pan until nicely browned. Then add enough rich milk nearly to half-cover the fish. Bring gradually to the boil. It is then ready to pour into the hot serving-dish.

BREAKFAST DISHES—HOT

GUBBINS SAUCE

(For grills, especially bones and birds)

Here is the authentic recipe from Edward Spencer's ('Nathaniel Gubbins') *Cakes and Ale*: 'Be very particular,' he writes, 'that your cook pours it [the sauce] over the grill just before it is served up, and it is of the most vital importance that the sauce should be made, and well mixed, on a plate *over hot water*. . . .

'Melt on the plate a lump of butter the size of a large walnut, stir into it, when melted, two teaspoonfuls of made mustard, then a dessertspoonful of vinegar, half that quantity of tarragon vinegar, and a tablespoonful of cream—Devonshire or English. Season with salt, black pepper and cayenne according to the (presumed) tastes and requirements of the break-fasters.'

HADDOCK BALLS

Chop up finely four ounces of cold smoked haddock, and mix it well with six ounces of boiled rice and a teaspoonful of chopped parsley. Melt a couple of ounces of margarine, add the mixture and pour in just enough milk to moisten it slightly. Turn on to a plate and when cold, shape into small balls with floured hands. Egg-and-breadcrumb these, and fry them in deep fat.

HADDOCK PUFFS

Flake up the flesh of a cooked smoked haddock, and add a couple of ounces of self-raising flour, a seasoning of salt, cayenne pepper and chopped parsley,

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two beaten eggs and enough milk and the water the fish was cooked in, half and half, to make a mixture of the same consistence as the dough for a sponge sandwich. Drop tablespoonfuls of this into very hot fat, only two or three at a time, to give them room to puff up.

HADDOCK, SMOKED

Bake a smoked haddock in a little water in the oven for ten minutes, then remove the skin and bones, and divide into fillets. Melt a couple of ounces of butter in a baking-dish, put in the fillets with a teaspoonful of finely chopped parsley, sprinkle with pepper, baste with the butter and bake for another ten minutes, basting it several times with the butter. Now dish the fillets, squeeze a little lemon juice into the butter, and pour it over the fish on serving.

HADDOCK, SMOKED, AND BACON

Flake up the remains of a cooked smoked haddock. Have ready some thin rashers of bacon cut in halves across, and sandwich a few flakes of the haddock between every two. Bake them in the oven until the bacon is done.

If you prefer, use the fish-flakes to stuff little bacon rolls, and cook them in the same way, perhaps two on a skewer. Serve them on the skewers.

HADDOCK, SMOKED, FRIED

Put a rasher of bacon in a frying-pan with a spoonful or two of water. Melt the fat, then put in the fish, cover

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with a lid or a plate. Cook for ten minutes, turning once.

HAM AND EGG CAKES

Mince up two hard-boiled eggs, and mix them well with four ounces of minced cooked ham or bacon, two ounces of breadcrumbs and two tablespoonfuls of flour. Season well, with plenty of pepper and, if you like, some chopped parsley, and bind with a beaten egg. Shape into flat cakes with floured hands, and fry golden-brown.

HAM FRITTERS

Make a pancake batter with an egg, four ounces of flour, half a pint of milk. Melt a little butter in the frying-pan and put in a slice of cooked lean ham. Pour over about a quarter of the batter, and fry the pancake in the usual way. Use the rest of the batter in the same manner.

HAM IN CREAM

This should be a middle slice of raw ham about half an inch thick. At a pinch gammon would do, but it is not so good. Soak it if very salt, otherwise just rinse it in cold water and wipe it dry. Then 'parboil' it in a frying-pan with a smearing of butter or lard. Cook it for about twenty minutes, turning it often, and when it is done, dish it, pour a breakfastcupful of thin cream into the pan, bring it to the boil and pour it over the ham on serving. Some like to sprinkle over a little

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brown sugar while the ham is cooking, but it makes the dish rather too sweet for breakfast.

HAM LOAVES

Cook a pound of potatoes, mash them well and smoothly, and then mix with them a quarter of a pound of grated lean ham or bacon (cooked), an ounce of butter, two beaten eggs, salt, pepper, and some chopped parsley. Shape the mixture into little loaves or cakes, gild them with egg, and bake them. They can be eaten hot or cold, but are better hot.

HARICOT BEANS AND BACON

To make bacon go farther, fry it and keep it hot, while in the fat fry some cold haricot beans, tossing them without browning them. Sprinkle them with parsley and serve them round the bacon.

HERRINGS À LA PORTIÈRE

Score the herrings two or three times on each side, dip them in milk, season them with salt and pepper and roll them in flour. Fry them golden on each side in a little margarine, arrange them in a long dish, side by side, and brush them over lightly with some diluted French mustard. Sprinkle them with chopped parsley. Put the dish in the oven for a moment only while you lightly brown some butter in the pan in which the fish were fried, pour this quickly over them, swill it with a small spoonful of lemon juice, pour this over too, and serve quickly.

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HERRINGS, BAKED

The Americans bake herrings by the method described on page 29, serving them sprinkled with lemon juice.

HERRINGS, BOILED

Season the herrings with a little salt, dip them quickly in vinegar and then put them into boiling salted water. In ten minutes they should be done, unless they are very large ones. Hand parsley butter with them.

HERRINGS, DEVILLED

Score the herrings three or four times on each side, brush them with French mustard, cover with white breadcrumbs, and grill them very carefully, basting them the while.

HERRINGS, FRIED

(Scots fashion)

Split, bone and flatten your herrings, then toss them well in coarse oatmeal until they are well coated. Then fry them golden-brown on each side in smoking hot dripping, six or seven minutes' frying in all. This is said to have been one of the favourite dishes of King Edward VII. Coat in this way and fry them whole, if you prefer it.

HERRINGS' ROES

These are often somewhat powerful—and not too happy to look at—when served on toast for breakfast;

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but they can be really delicious if they are first seasoned with a little salt and cayenne, and then egg-and-breadcrumbed and quickly fried.

HERRINGS, SOUSED

Wash a dozen herrings thoroughly after cleaning them, and take off their heads. Put them in a pie-dish, head to tail, sprinkling the layers of fish with salt and pepper. Add a couple of bay leaves, a dozen allspice, six cloves and a good pinch of ground mace, and cover them either with good vinegar or vinegar diluted according to taste with water. About two parts vinegar to one of water is a reasonable proportion. Some add a little sliced onion. Cover with a buttered paper or a lid and bake in a very slow oven for an hour and a half. These fish will keep for some days if kept submerged and in a cool place.

HOG AND HOMINY

A dish with an amusing name from Iowa. Bring to the boil a quart of water to which you have added a teaspoonful of salt, sprinkle in three-quarters of a breakfastcupful of hominy grits, stirring all the time. Boil for five minutes, stirring three or four times and then cook for at least an hour longer in a double saucepan. Pour the hominy out on to your serving-dish, put a piece of butter in the middle, and surround the heap with nicely grilled sausages.

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HOMINY

Soak half a pound of hominy all night in a pint of cold water. Then add a pint of milk and cook the hominy for an hour and a half in a double saucepan. When ready to serve, stir in an ounce of butter. Some like golden syrup with it: others sugar.

HOMINY AND FRIED APPLES

Cook the hominy grits as directed above, and when they are done serve them with fried apples. The cooking apples should be cored but not peeled, and cut in rings just under half an inch thick. Fry these on both sides in butter or bacon fat, and sprinkle each when done with a little brown sugar, letting this melt before serving them.

HUNG BEEF

This delicious substance is obtainable at the Army and Navy Stores and other large emporia. It is grated, and can be used in all manner of ways, as a sort of dry 'potted meat', to spread on toasts under eggs, to mix with scrambled egg, etc.

KEDGEREES

Kedgeriee should not always be made with plain or smoked fish. Try salmon one day, or ham, or tongue. Even lobster if your digestion will stand it so early.

KENTUCKY COD

Get some good cod fillets, cut them into pieces two

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inches wide, season them with salt and pepper and roll them in Indian corn-meal. Fry some thin rolls of streaky bacon, and when they are done, keep them hot and fry the pieces of fish a nice golden brown in the bacon fat.

KIDNEY ROLLS

Make a stuffing with finely chopped parsley, onion and breadcrumbs, bound with a little beaten egg. Season and spread on thin rashers of bacon. Wrap one of these round a whole or half a skinned kidney, and bake for twenty minutes in a hot oven.

KIDNEYS AND BACON

Skin and split the kidneys, sprinkle them with pepper, and roll each half in a rasher of streaky bacon. Skewer together, and bake slowly in the oven until the bacon is done and just becoming crisp. Serve on toast.

KIDNEYS AND OYSTERS

You will want two or three oysters for each kidney. Blanch the oysters in their own liquor, being careful to see that they do not overcook, but just plump up. Grill the kidneys and place two or three oysters on each. Season lightly with salt and pepper, and serve quickly on toast.

KIDNEYS ON TOAST (SAVOURY)

Skin, halve, and skewer the kidneys flat, and season them with salt, pepper, and cayenne. Mix a quarter of

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a teaspoonful of grated lemon rind and a little salt and pepper with a beaten egg, dip the kidneys in this mixture and then in breadcrumbs. Fry them quickly in butter or good margarine, cut side down first, and serve them on buttered toasts a little larger than the kidneys. If curry is liked so early in the morning, first spread the toasts with a little curry paste.

KIDNEYS, SKEWERED

First cook the kidneys for ten minutes in a little stock, then drain them and cut them in slices. Have a skewer ready for each person, slip on a small mushroom, rounded side towards the end of the skewer, and then add alternate pieces of kidney and thinly sliced bacon to the eater's capacity, and end with another mushroom. Grill until the bacon is crisp, and serve on strips of buttered toast. If you want it, a gravy can be made with the stock the kidneys were cooked in.

KIPPER CREAMS

Wash a kipper well, skin it and remove as many bones as you can; then rub the flesh through a wire sieve into a basin. Add the yolks of two eggs, the white of one egg, a seasoning of salt and pepper, and two tablespoonfuls of thick cream. Put into little dariole moulds or paper cases, and bake them until their tops are a nice brown.

KIPPER FRITTERS

Have the kippers filleted, or buy filleted kippers, and divide the fillets into neat pieces; dip each of these into

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frying batter, and fry them crisp and golden-brown in deep fat.

The same method may be applied to bloater and small smoked haddock fillets.

LING, FRIED

See CONGER EEL, FRIED, on page 17.

MACKEREL, BAKED (I)

Fillet the fish, and brush the fillets over with a little melted margarine. Cover them thickly with seasoned breadcrumbs mixed with chopped parsley, and lay them in a greased baking-tin. Cook in a hot oven for half an hour.

MACKEREL, BAKED (II)

Mackerel can be baked in the American fashion described on page 29. Either the whole fish or in fillets.

MACKEREL, BAKED IN MILK

Split the mackerel, and take off its head and tail. Put into a buttered baking-dish, sprinkle with salt and pepper, dot over with butter, and pour over two-thirds of a breakfastcupful of milk. Bake in a moderate oven for twenty-five minutes.

MACKEREL, BOILED

Take the roes from the mackerel and put the fish in a fish-kettle with just enough salted hot water to cover them. Bring nearly to boiling-point, and cook

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as gently as possible, so as not to crack the skin, for about ten minutes. When the skin looks loose, the fish are cooked. Drain them well, remove them very carefully to the dish and serve them with parsley, or better fennel, sauce. Hardier morning appetites will enjoy the old-fashioned Gooseberry Sauce with them.

MACKEREL, FRIED

Mackerel fillets, egg-and-breadcrumbed and fried are really excellent, especially if you treat the soft roes (if they have any) in the same way. Serve with a *maitre d'hôtel*, anchovy, or, best of all, a mustard butter.

MACKEREL, GRILLED

Mackerel are never better than when grilled, and many think that a preliminary 'marinading' suits them. When grilled without these preliminaries the mackerel are usually split, but the following recipe should be tried. Score the back of each fish with a sharp knife and leave them to lie for an hour or so, turning them three or four times, in the following mixture: a tablespoonful and a half of olive oil, a teaspoonful of finely chopped parsley, half a teaspoonful of finely chopped onion, and salt and pepper. When the time is up, wipe the fish clean, and grill them for about a quarter of an hour according to their size.

Or if you would rather *bake* them, cover them with browned breadcrumbs, dot with a little butter, and bake in a moderate oven for about twenty minutes.

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MACKEREL, MARINATED (French fashion)

Put two parts of white wine and one part wine vinegar in an earthenware casserole with a medium-sized onion sliced, a sliced carrot, two or three chopped shallots, two sprigs of thyme, parsley, a bayleaf, salt, and some peppercorns. Bring to the boil and simmer for twenty minutes. Take off the fire and when the marinade is lukewarm, put in the mackerel and let them poach for a quarter of an hour. Leave in the marinade until they are cold.

MACKEREL, SOUSED

See HERRINGS, SOUSED, on page 46.

MOCK SCALLOPS

Cut some raw halibut into small rounds about the size of the white part of a scallop. Season them, egg-and-breadcrumb them and fry them.

MULLET, GREY

If red mullet are rather rich for breakfast, grey mullet are not, and those who like mackerel will like this reminiscent but more delicately flavoured fish. They should be boiled, and served with an appropriate sauce or, preferably, a savoury butter.

MUSHROOM BREAKFAST DISH

An American offering. Butter some thick slices of crustless bread and sprinkle them with paprika pepper.

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Arrange large raw mushrooms on each slice, gill side up, chop up the stems and put these with a little left-over chicken, veal, or ham, also chopped and nicely seasoned, in each mushroom. Now dot with butter or margarine, and bake in a moderate oven for about twenty-five minutes.

MUSHROOMS

Readers of this little book who can get wild mushrooms and possess a heat storage cooker will find that if the mushrooms are put into a fireproof dish with a closely fitting lid, simply sprinkled with a little salt and pepper, they will cook perfectly in the slow oven taking about half an hour to an hour according to their size, no butter being needed. They will preserve their whole lovely flavour as in no other way. A glass dish is best.

MUSHROOMS, FRIED

If you live in the country and can pick your own mushrooms, this is one of the best dishes in the world. See that the mushrooms are quite small button ones about the size of a marble. Cut the stalk off flush with the head, but do not peel them. Wash them, however, and dry them well, and then toss them until they are golden in a little butter. They will take about five minutes, and should be shaken all the time.

MUSHROOMS IN PASTRY

Cook some smallish, flat mushrooms in butter, and fry also some pieces of thin streaky bacon of the same

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size as the mushrooms; when they are cold, sandwich a mushroom between two pieces of bacon, wrap them in some thin pastry, and bake them in the oven until the pastry is done.

OMELETTES, SUITABLE FOR BREAKFAST

I have not stressed omelettes as so many people find them difficult to make when our tempers are none too good, even in the kitchen, at breakfast-time. Those most suitable for breakfast would contain one or other of the following ingredients:

Ham, mushroom, shrimps, smoked haddock, tongue, sausage, kipper, kidney, fried bread *croûtons*, and so on.

OYSTER SAUSAGES

The lavish would find these pleasing, I think. Beard a dozen sauce oysters, and cut them in very small pieces. Strain their liquor over a quarter of a pound of stale crumbs of bread, and when it is quite soft, drain it and beat it up until smooth with a fork. Put a pound of veal through a mincing machine two or three times, then add the bread, four ounces of finely chopped suet, a seasoning of salt and pepper, the bits of oyster and finally a beaten egg. Shape this into small sausages (or put it into sausage-skins if you prefer), roll lightly in seasoned flour, and fry in hot butter or good margarine.

PLAICE

(Jewish fashion)

This is a cold dish, but liked by many for breakfast.

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A good plaice cooked thus is very good indeed. Season the fish, or the fillets, with salt and pepper, rubbing it lightly in, dip them in flour and then in beaten egg. Fry in butter or margarine in a frying-pan.

POTATO CAKE

Mashed potatoes come in useful for breakfast, if they are fried up in a cake with other ingredients, such as flaked fish, e.g. smoked haddock, minced ham, bacon or tongue and so on. Add some chopped hard-boiled egg as well if you want more substance.

PRAWNS, FRIED

Shell some prawns, season them with salt and pepper, dip them in milk, and roll them in corn-meal, in the American fashion, or in flour. Fry them in deep fat for two or three minutes until golden brown.

RABBIT'S KIDNEYS

A nineteenth-century cookery book says that rabbits' kidneys make a particularly delicious ingredient in a kidney omelette.

RAMEKINS OF HAM

Beat up the yolk of an egg lightly and mix with it two or three ounces of finely chopped lean cooked ham or bacon, two tablespoonfuls of milk, a touch of made mustard (if you like), a little chopped parsley and a seasoning of salt and pepper. Use this to fill—to a little over three-quarters full—four well greased

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ramekin cases, and bake until set. Then whisk the egg-white, heap a spoonful of this on top of each case, sprinkle with paprika pepper and put back in the oven until the egg-white is browned and crisp.

REINDEER TONGUE

An Edwardian cookery book, long out of print, gives this advice about reindeer tongues, which are a difficulty to many lucky enough to get them. 'Soak the tongue for three or four hours in cold water, then lift it out and let it dry in a cool, airy place; then again soak and dry it, and repeat this once more, soaking and drying it three times altogether. Then scrape and trim it, and boil exactly like an ordinary tongue for about three hours, only, however, allowing it to simmer steadily after the initial boil-up. The success depends entirely on the soaking and the very slow simmering.

ROLLS, STUFFED

Dinner rolls stuffed with any good mixture of fish or meat bound with an appropriate sauce make a good breakfast dish. The rolls should first have a small piece cut off the top, the inside scooped out, and then brushed inside and out with butter or margarine, and baked crisp in the oven.

SALMON AND CRUMBS

Flake some cold salmon and mix the flakes with half their amount of breadcrumbs, adding a tablespoonful of melted butter and a couple of beaten eggs. Season

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with salt and pepper, and put the mixture into a shallow pie-dish, greased and dusted with crumbs, and bake it until brown. Some like to add a small spoonful of vinegar before the baking.

SALMON AU GRATIN

Divide some cooked salmon into large flakes, put them into a buttered baking-tin or fireproof dish, sprinkle them with salt and pepper, and cover very thinly with a little white sauce made into fish stock. Sprinkle over a layer of browned breadcrumbs, dot with butter or good margarine, and bake in a moderate oven for a few minutes.

SALMON BONE

The cunning breakfast lover, when next he carves the salmon, will see to it that he leaves a certain amount of meat adhering to the bone. This bone, if brushed with melted butter and grilled the next morning, will provide the epicure's perfect breakfast!

SALMON PIE

Chop up coarsely a pound of flaked cooked salmon, and mix it well with two tablespoonfuls each of mashed potato, breadcrumbs, and melted butter, or good margarine, a seasoning of salt and pepper, a binding of one beaten egg and enough milk to make it into a stiff batter. Grease a baking-dish, put the fish mixture into it, sprinkle the top with browned breadcrumbs, dot with butter and bake in a moderate oven until the mixture sets, which will take about an hour.

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It can be cooked the night before, and reheated, if necessary.

SALMON, SMOKED

Rather rich and expensive, but excellent for those who like it. Put the thin slices of the smoked salmon into oiled paper-bags, and grill them very slowly and carefully for about eight minutes, turning them three or four times as they cook. Serve with plain hot toast.

SALMON STEAKS

These when fried or grilled may be a little rich for many. When boiled they lose a good deal of their flavour. Let us try them *en papillotes*. Cut them an inch thick, no more or even less, and season them with salt and pepper. Wrap them in buttered paper-bags, twisting the ends tightly, and bake or grill them very gently, keeping the bags basted on the outside if grilling. Ten to twenty minutes should see them done. A little chopped parsley and lemon juice can be put inside the bags, if liked.

SALT COD EN BROCHETTE

Soak the cod, and then cut it, raw, into small squares, and skewer these alternately with very small ripe tomatoes on long skewers. Brush over with oil, coat with breadcrumbs and grill carefully, or fry in butter.

SALT COD FRITTERS

A recipe from Portugal. Soak half a pound of salt cod, boil it, mince it up finely and add an equal amount

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of mashed potato with chopped parsley, pepper, and a binding of three beaten egg-yolks. Whisk the whites stiffly, and fold them in. Mould with two spoons into egg-shapes, and fry crisp and golden in deep fat.

SALT COD HASH

See FISH HASH, page 32, using cooked salt cod.

SALT COD WITH EGGS

Flake up some cooked salt cod, and warm it. See that it is dry, not watery. Put it into a pan with some butter or margarine and plenty of black pepper, then break a few eggs into it, and scramble lightly together, adding a little cream if you like, and a touch of lemon juice at the last.

SARDINE AND ANCHOVY TOASTS

Skin and bone four sardines, and mash them up with two hard-boiled eggs, a tablespoonful of anchovy sauce and two ounces of butter. Spread this on toasts, and serve as hot as possible.

SARDINES FRIED IN BATTER

Drain a tin of sardines and pour boiling water over them. Skin them, dip them in a good coating batter and fry them in deep fat.

SAUSAGE AND POTATO CAKES

Mash some potatoes, season them nicely, moisten with milk and bind with beaten egg. Divide the mix-

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ture in half and roll out one half (using a little flour if necessary). Spread this with some cooked sausage meat, roll out the rest of the potato mixture to the same size and make a sandwich. Press well together, and cut in small square pieces. Egg-and-breadcrumb these, and fry them golden in deep fat.

SAUSAGE BACON ROLL

If you can spare the bacon, get some sausages, cut each in half (the 'Parisian' size is best for this dish), roll up in a rasher of bacon, and grill gently or fry or bake. It will take eight or nine minutes to cook the sausage. Serve a small baked tomato with each roll.

SAUSAGE CAKES

Mix a pound of sausage meat with three ounces of fresh breadcrumbs, seasoning with a little more salt and some freshly ground black pepper. Moisten with beaten egg, shape into little flat round cakes, about half an inch thick, and fry a nice brown on each side.

SAUSAGE FRITTERS

Cook some sausages, skin them and cut them into slices. Season these with a little cayenne pepper, dip them in fritter batter, and fry them golden brown.

SAUSAGE PANCAKES

Make some pancakes, and divide some sausage meat in pieces large enough to roll in each pancake. Roll these pieces in flour and fry them. When done, wrap

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each in a pancake, and put back into the oven for a few minutes to get very hot.

SAUSAGE SCRAMBLE

Cut two cold, skinned sausages into rings: scramble a couple of eggs with the pieces of sausage. Serve on fried bread.

SAUSAGES AND APPLES

Prick and fry the sausages in the usual way. Take them out and keep them hot. Core a couple of cooking apples, but do not skin them, and cut them into thickish slices. Dip them in a little milk and then in flour, and fry them golden in the sausage fat. Dish them with the sausages and a few triangles of fried bread or toast. *Bananas* can be used in the same way.

SAUSAGES, BAKED

Sausages, especially chipolatas, gain a good deal if they are egg-and-breadcrumbed and baked golden in the oven. They must be basted several times during the baking.

SAUSAGES BAKED IN POTATOES

Peel some potatoes, all of the same size. In each make a hole with an apple-corer. Stuff this hole with sausage meat. Bake the potatoes in a hot oven until done, basting every ten minutes with the drippings.

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SAUSAGES, BOILED

The unfortunate people who cannot eat fried sausages can sometimes eat them boiled. Prick them well, and lay them in a pan of hot water. Bring this *slowly* to the boil and then simmer very gently for forty minutes to three-quarters of an hour. The secret of success lies in the very slow cooking.

SAUSAGES, ECONOMICAL

Parboil your sausages and remove the skins. Cut them in half lengthwise. Roll each half, and then coat it with mashed potato. Egg-and-breadcrumb, and fry.

SAUSAGES, GRILLED

Grilled sausages may be accompanied, for those as likes 'em, by fried pineapple cooked as follows. Drain the contents of a tin of sliced pineapple and dry the rings on a clean cloth. Fry them in a little butter or margarine until delicately browned.

SAUSAGES IN ROLLS

A counsel of perfection. In one of his books the late G. A. Sala referred to a friend whose cook used to send 'half a pound of prime Epping or Cambridge sausages to the family baker and request him to insert the sausages in the dough of as many rolls. They came home smoking, and saturated with the grease from the porcine compost. My friend went to Rome; and I learned that he succeeded in persuading the people at Nazzari's restaurant, in the Plaza de Spagna, to supply muffins with anchovies inside them. . . .'

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SCALLOPS, BAKED

Simply cut the raw scallops into smallish pieces, put these into buttered scallop-shells with a seasoning of salt and pepper, dot with more butter, having sprinkled with breadcrumbs and brown in the oven for about a quarter of an hour.

SCALLOPS, FRIED

These may be a little too sweet for some, so early in the morning. Detach the white from the red part, and cut the white part in half across, so that you have now two circles instead of one. Season these, and egg-and-breadcrumb them. Leave the red parts whole, season and egg-and-breadcrumb them as well. Now fry them golden in margarine, and serve very hot.

SCOTCH EGGS

These are hard-boiled eggs completely encased in sausage meat. Egg-and-breadcrumbed and fried. Only don't forget to fry them long enough to cook the sausage meat. Cut in half to serve.

SCOTCH EGGS

(Another version)

Hard-boil some eggs. Make a well seasoned and not too dry forcemeat, roll the shelled eggs in this, pressing it on so that they are well covered. Brush them with egg and then roll them in crushed vermicelli (or bread crumbs, if you would rather), and fry in plenty of deep fat. Cut them in half to serve.

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SCOTCH WOODCOCK

Scramble some egg in your best manner, and serve it on toasts spread with butter and anchovy paste, criss-crossing the top of the egg, if you like, with some strips of anchovy fillets. Some like to add a caper or two or a little chopped parsley.

SHRIMP CAKES

Mash a pound of potatoes with a little milk and butter or margarine, and season them with pepper and a dash of anchovy essence. Beat the mixture until light and creamy, and then add half a pint of shelled shrimps. Bind with a little beaten egg, shape into round cakes, egg-and-breadcrumb them and fry them in deep fat.

SHRIMP FRITTERS

Shell and pound up half a pint of shrimps or prawns with an ounce of butter and a little fish stock. Mix this *purée* with some good fritter batter, and drop the mixture by a dessertspoonful at a time into a pan of deep hot fat. Let the fritters cook until they are golden-brown and as crisp as biscuits.

SOLE EN GOUJONS

Sole or lemon sole can be made to go further and to look more appetizing, too, if the fillets are cut in narrow strips about the size of a large whitebait before frying. Either shake them in seasoned flour, or egg-and-breadcrumb them.

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SPRATS, BAKED

Arrange the cleaned, dry sprats in a buttered baking-dish and season them with salt, pepper, and chopped parsley. Bake for about twenty minutes, and serve with a little lemon juice squeezed over them.

SPRATS, FRIED (I)

Clean and scale the sprats carefully, cut off their tails, and their heads slantwise. Roll them lightly in seasoned flour (or shake them well in a cloth) and fry them quickly in deep fat. Excellent and reminiscent of herrings, though not so strong and oily.

SPRATS, FRIED (II)

As sprats, like herrings, are rather oily, they can actually be fried in a pan without fat, as follows. Having prepared the sprats, roll them in flour or fine oatmeal. Sprinkle the bottom of a frying-pan with warmed salt, let it get hot, add the sprats and fry them golden-brown.

SPRATS, SMOKED

These little bundles look so appetizing in the fish-monger's, but alas! so few know what to do with them; as they are, they are uneatable, but put them into a basin, pour boiling water over them, skin them, and serve them, and you will find them very good indeed. They can also be very carefully grilled, but the way mentioned above is the simpler and better.

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SPRATS, SOUSED

See HERRINGS, SOUSED on page 40.

SUMMER BREAKFAST

This was 'Nathaniel Gubbins's idea of a simple, excellent August breakfast, and who will dispute it? 'A dish of freshly caught trout, the legs and back of a cold grouse, and a large peach.' His proviso is that the grouse should be roasted and not baked—ah, but his book was written in 1897!

SWEET CORN RELISH

Drain a tin of sweet corn, and pound up the contents as fine as you can, adding gradually two eggs. Season this mixture rather highly with cayenne pepper, and flavour to your taste with anchovy essence. Shape the mixture into balls or egg-shaped pieces, roll these in seasoned flour, and fry them until nicely browned.

SWISS PANCAKES

Make a pancake batter with one egg, half a pint of milk and four ounces of flour. Mince up four ounces of cold meat, for example, bacon, ham, tongue, or salt beef, and beat this well into the batter with a seasoning of salt, pepper, and chopped parsley. Fry pancakes with this mixture in the usual way.

TOMATOES, STUFFED

Tomatoes stuffed with fish are quite good for breakfast, being baked and served on toast. But the stuffing should not be too savoury.

BREAKFAST DISHES—HOT

TONGUE, FRIED

The cold tongue should be cut into slices a third of an inch thick, and if it is a tinned tongue, the circles into convenient pieces. Egg-and-breadcrumb these, and fry them in a little butter or margarine. Tomato sauce can be handed with them, if it is thought suitable for so early a meal.

TROUT À LA HUSSARDE

Skin and clean half a dozen finger trout, put a piece of *maître d'hôtel* butter inside each, and leave them to marinate in olive oil, seasoned with salt and freshly ground black pepper, for an hour, turning them two or three times. Then grill them.

TROUT À LA MEUNIÈRE

Season the little trout, flour them and fry them on both sides in a little butter or margarine. Serve them sprinkled with parsley and lemon juice.

TROUT, FRIED

Small trout can be fried in this way—and with advantage if they are the imported and rather tasteless kind. Do not skin them, but split them open to clean them. Season them, and egg-and-breadcrumb them inside as well as outside, and fry them golden-brown.

They can be baked instead, if preferred.

BREAKFAST DISHES—HOT

TROUT, FRIED (Scots fashion)

Slightly salt the trout the night before, then in the morning wipe it, sprinkle it again with salt and pepper, dip it in milk and roll it well in coarse oatmeal. Fry it quickly in smoking hot lard until brown on each side, then drain and serve with a pat of butter on it.

TROUT, GRILLED

Coat the trout with flour, season them, brush them over with olive oil, put them on a well-oiled grid and grill them carefully. Serve with cut lemon.

TROUT, PAN-BROILED

Certain people think that trout cooked in this way surpass any others. Simply grease the frying-pan slightly and cook the cleaned and well dried fish in it, a few minutes on each side. But be careful the skin does not stick and tear.

WHITE PUDDINGS

These, like black puddings, suffer an undeserved scorn; warm them through in hot water, then dry them and fry them brown in a pan.

WHITING, BAKED

Skin and split the whittings, and lay them in a baking-dish, fleshy side up. Dredge very lightly with flour, and season with salt and pepper. Dot with little bits of butter or good unsalted margarine, and scatter a little

BREAKFAST DISHES—HOT

chopped parsley over them. Bake for about half an hour, basting with the butter. Serve them as they are.

WHITING, GRILLED

The familiar whiting *en colère*, as the French call it, biting its tail and fried, is a bit too much for the early morning cook, and rather fantastic for the breakfaster possibly fresh from nightmares; so let us have him grilled. But be careful to dry him well, and oil him well, for his skin is a tender one and may easily stick to the grill. Serve simply with a little melted butter. It would be a pity to put lemon and chopped parsley in it, but it has been done.

BREAKFAST DISHES—COLD

BELLY OF PORK

The sight of the words, 'Belly of Pork', on the bill of fare of the sophisticated Hind's Head at Bray, never fails to draw a chuckle from my genial friend, Barry Neame, who (like all wise eaters) really likes this simple dish as much as its candid description pleases him. If the pork is salted for two or three days, it should be at its best, and if then boiled in plenty of water with a bouquet of parsley, thyme, and bayleaf it makes an admirable breakfast dish. The water should, of course, first be cold, brought slowly to the boil, and then, after careful skimming, simmered *very gently* (this is essential for tenderness) until the pork is done. Twenty-five minutes to the pound is about right, but it is better to overcook it rather than undercook it.

There is a slight variation which may be noted here and appeal to some. Put the piece of belly, skin side downwards, on the table, and season it well with pepper, covering it afterwards with thin slices of pickled gherkins. Roll it up as tightly as possible and

BREAKFAST DISHES—COLD

put it in a cloth, but do not cook it in water: use either well flavoured stock, or at any rate water with vegetables—what our great-grandmothers called ‘pot-herbs’. When cooked, press between two dishes, until cold, then take off the cloth, and glaze it.

BRAWN

Get a small pig’s head, and after seeing that it has been properly cleaned, put it into a pan with a pound and a half of lean beef (assuming that the head weighs six pounds), and enough cold water to cover it. Bring gradually to the boil, and just before it boils, skim the water. Boil for two or three hours, until the meat comes easily from the bones, then put the meat into a hot pan, beef as well, and chop it up as quickly as you can. Sprinkle with a mixture of two tablespoonfuls of salt, two teaspoonfuls of pepper, a little cayenne and six cloves pounded up. Stir well together, and put into a cake-tin (unless you have a special brawn-tin), keeping it well pressed down for some hours, until the brawn is quite cold. To remove, dip the tin into hot water, and the brawn will slide out.

Note.—Let the liquor in which the meat was cooked get cold. The fat on the top will make good dripping, and the liquor itself can be used for soup making, being particularly good for cabbage soup or split pea soup.

COLD CUTLETS

Cold fried ‘breaded’ (as the Americans say) lamb cutlets are by no means to be despised as a breakfast accessory.

BREAKFAST DISHES—COLD

GAME MOULD

In that admirable little series of cookery books published by *The Queen* newspaper about forty years ago appears this recipe for Game Mould. Stew any old birds or rabbits with a slice or two of ham, two onions, a blade of mace, and seasoning to taste. When sufficiently cooked to allow the bones to be slipped out of the meat, cut the latter up and keep it hot. Add a table-spoonful of ketchup to the stock, and boil it up again sharply. Pack the meat lightly in a mould, with sliced or quartered hard-boiled egg, strips of ham or tongue, etc., and pour the reduced stock all over it, and leave it in a cool place till set.

LEICESTERSHIRE PORK PIE

Most people will rather buy a pork pie ready-made than go to the trouble of raising one themselves. But they might be tempted to make this one, which only needs a pie-dish. Here is Mrs. Roundell's recipe for a cold pork pie. Take a neck or loin of pork, and cut the meat from the bones in one piece. Divide this into slices half an inch thick, and then cut each slice into squares half an inch across, keeping the fat and lean separate. Season only with coarse ground black pepper and salt, in the proportion of two-thirds of salt to one of pepper. Do not add sage, or any other seasoning. Pack the pie as tightly as you can, using alternate layers of fat and lean. If this pie is not packed tightly, the outside pieces will be dry and leathery. Cover as usual, leaving a hole, but in these pies no gravy is put in before baking. Bake in a slow oven. When the pie is

BREAKFAST DISHES—COLD

baked and whilst it is still warm, pour in through the hole a little lukewarm jelly, made very strong by boiling two pig's feet and all the scraps for at least three hours, putting them on in cold water, and seasoning, when the broth is strained, with pepper and salt only. To be eaten cold.

Crust for Leicestershire Pork Pie.

Put half a pint of water into a saucepan, and heat it over the fire. When quite hot, stir into it eleven ounces of clarified suet, two ounces of fresh butter, and a teaspoonful of salt. Stir till the fat has melted, cool this to lukewarm, and pour the contents of the saucepan by degrees into a bowl containing a pound and a half of well dried flour. Work the mixture to a stiff paste, adding a little water if necessary, and turn it out upon a cold pastry slab. Roll it out three-eighths of an inch thick as evenly and as level as possible, and let it get quite cold.

But other pastry may be used if preferred.

LIVER SAUSAGE

Mince two pounds of liver finely with three-quarters of a pound of pickled pork or fat bacon, and then pass through a sieve. Season with a small onion very finely minced, half a teaspoonful of powdered sage, and plenty of salt and black pepper. Mix well together, fill one or two skins three-quarters full with the mixture, put them into boiling water, and simmer gently for three-quarters of an hour to an hour. If the sausages are small ones, half an hour will be enough. Calf's liver may be used, but pig's liver is better.

BREAKFAST DISHES—COLD

MARBLED VEAL

Chop up the remains of a cold tongue and an equal amount of cold veal, keeping them separate, and if you can, pound them finely. Hard-boil an egg, and use it to make a design in the bottom of a mould or basin. Now fill up the mould with irregularly shaped lumps of the veal and tongue mixtures, moistening each layer with good strong jelly stock. When set, turn out and serve.

MOULDED CALF'S HEAD

Calf's Head is sometimes rather too much for a meal. This is how you can use the remains. For each pound of cold cooked calf's head, you will want half a pound of ham or bacon, two hard-boiled eggs, about half a pint of the liquor in which the head was cooked, and a seasoning of a teaspoonful of chopped parsley, the grated rind of a lemon, salt, pepper, and a pinch each of nutmeg, mace, and cloves. Cut the head and the bacon into dice and, having sliced the eggs, arrange them in a buttered mould or basin. Put a thick layer of the head in the bottom of the mould, then a thin layer of bacon, then a few slices of egg, and then a good sprinkling of the seasonings mixed together. Repeat until the mould is full, pour in the liquor, warmed, cover with a buttered paper, and bake in a moderate oven for about two hours. Pour in a little more liquor when you take the mould from the oven, and let the whole thing get cold.

BREAKFAST DISHES—COLD

PORK CHEESE

Cut a pound of cold roast pork into small dice, using fat at your discretion, and mix them well together with a dessertspoonful of finely chopped parsley, a quarter of a teaspoonful of powdered sage, the same of mixed herbs and of grated nutmeg, half a teaspoonful of grated lemon-rind and a good seasoning of salt and pepper. Press tightly into a mould, fill up with half a pint of strong stock or gravy of a kind that will jelly when cold, and bake in a moderate oven for about an hour and a quarter. Turn out when cold.

POTTED HEAD

Wash a sheep's head thoroughly, and take out the brains. Now soak the head with a foot as well for an hour or two in warm water; then break them both up, and put them into a pan with enough water to cover them well. Bring to the boil, skim well, and then simmer gently, closely covered, for about four hours or until the bones will slip from the flesh. Now cut the meat into dice, seasoning as you go with a mixture of two teaspoonfuls of salt, one of freshly ground black pepper, one of powdered allspice and, if you like it hottish, a saltspoonful of cayenne pepper. Put the meat back into the pan, and simmer it without the lid on for a few minutes, then pour it with the strained liquid into a wetted mould or basin, and leave until set. If liked, the liquid may be reduced by hard boiling while you are cutting up the meat.

BREAKFAST DISHES—COLD

VENISON PASTY

An American recipe, which reminds us that the neck and the shoulder are the best parts of the deer for making this pie. Cut the raw venison neatly from the bones, says the old recipe, and put the bones, skin, fat, and trimmings into a saucepan with a minced shallot, a bunch of herbs, pepper, and salt, cover with cold water, and let it simmer. Cut the meat into squares an inch long, and simmer them in another pan till three-quarters done. Line a deep dish with good puff-paste, put in the squares of venison, season well, add half a pint of the liquor the venison was stewed in, and a little butter if liked. Put on the lid, leaving a hole in the middle as big as your thumb. Bake steadily, covering the top with a sheet of clean paper as soon as the pastry is firm, to prevent it from browning too fast. Now make the gravy. When all the substance has been extracted from the bones and trimmings, strain the liquor back into the saucepan, let it boil, skim carefully, and add a glass of port wine, if liked, or a tablespoonful of red currant jelly, and the juice of a lemon. Pour this upon a *roux* of butter and flour, boil up once, and add as much gravy through the opening as the pie will hold. Gild the pastry towards the end of the baking.

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PORRIDGE

Here, as I am only a Sassenach, I do not think I can do better than quote from Miss Marian McNeill's *The Scots Kitchen* what she calls 'The One and Only Method', which she prefaces by saying that it is advisable to keep a goblet exclusively for porridge.

'Allow for each person one breakfastcupful of water, a handful of oatmeal (about an ounce and a quarter), and a small saltspoonful of salt. Use fresh spring water and be particular about the quality of the oatmeal. Midlothian oats are unsurpassed the world over.

'Bring the water to the boil, and as soon as it reaches boiling-point add the oatmeal, letting it fall in a steady rain from the left hand and stirring it briskly the while with the right, sunwise, or the right-hand turn for luck—and convenience. A porridge-stick, called a *spurtle* and in some parts a *theevil*, or as in Shetland a *gruel-tree*, is used for this purpose.' (The handle of a wooden spoon will do as well.) 'Be careful to avoid lumps, unless the children clamour for them. When the porridge is boiling steadily, draw the mixture to the side

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and put on the lid. Let it cook for from twenty to thirty minutes, according to the quality of the oatmeal, and do not add the salt, which has a tendency to harden the meal and prevent its swelling, until it has cooked for at least ten minutes. On the other hand, never cook porridge without salt.

‘Ladle it straight into porringers or soup-plates and serve with small individual bowls of cream, or milk, or buttermilk. Each spoonful of porridge, which should be very hot, is dipped in the cream or milk, which should be quite cold, before it is conveyed to the mouth.’

Directions given by manufacturers of heat storage cookers like the *Aga* and the *Esse* are that for convenience the porridge may be boiled for five minutes on the simmering ring *the night before*, then the covered pan is put into the simmering oven and left there until breakfast-time next morning.

STIRABOUT

In *Irish Country Recipes* the following recipes are given for ‘stirabout’ or the Irish version of porridge.

Ingredients: (1) 1 quart water; 3 oz. oatmeal; salt; (2) 1 quart new milk; 2½ oz. oatmeal; salt; (3) 1 quart buttermilk; 2½ oz. oatmeal; salt.

Method: Put the liquid into a saucepan (or double saucepan), bring to the boil, sprinkle in the meal. Boil till well cooked; if modern flake meal is used twenty-five to thirty minutes.

The author notes that in the old days ‘rich people with herds of cows or sheep made their porridge “on”

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new milk, sheep's milk porridge being a great delicacy. Porridge was thick enough for the spoon to stand in it.'

BUCKWHEAT PORRIDGE

(Russian)

Sieve the buckwheat, and put it into a double saucepan, and cover to double its depth with boiling water. Add a lump of butter and a little salt, cover and cook in the oven until it is tender, which will take about an hour. It must not be stirred while cooking. Serve with more butter and salt.

CEREAL WITH APPLES

This and the following recipe are both American, and may have the approval of some. They are inserted here as typifying the degeneracy of the modern breakfast as a meal though perhaps not as medicine! Core some apples with a large corer, peel them and cook them until soft in a syrup made with two parts sugar and three parts water. Fill up the core spaces with cooked cereal, and serve with sugar and cream.

CEREAL WITH DATES

Having cooked any cereal, stir in some stoned and cut-up dates before serving.

CHESTNUT SCRAPPLE

Cook a mush, using a breakfastcupful of cornmeal and a teacupful of hominy. (See CORNMEAL MUSH,

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below.) While still hot, stir in two breakfastcupfuls of blanched, skinned, and peeled chestnuts which have been put through a mincing machine or potato-ricer.

CORNMEAL MUSH

Shower a pint of cornmeal into a quart and a half of fast-boiling salted water, stirring as you do so, and cook for half an hour, still stirring. Or, better, use a double saucepan. Serve with milk, butter, and sugar, or with syrup.

CROWDIE-MOWDIE

The night before breakfast, put a handful of oatmeal, a small teaspoonful of salt and a breakfastcupful of milk into the top half of an enamelled double saucepan. Stir it before leaving it, and put on the lid. In the morning, let it cook for at least two hours, and serve.

DURGAN OR MEALIE GREACHIE

The enterprising may try for breakfast the following simple dish which, according to *Irish Country Recipes*, has been in use in North Antrim for 'a couple or three centuries'.

Ingredients: Coarsely ground oatmeal. Bacon (and onion if liked).

Method: After frying some fat bacon, add the dry oatmeal and fry till toasted. This is served with the bacon and potatoes. Onion is sometimes fried with the meat.

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HOMINY GRITS

Another form of Indian corn. Cover the grits with tepid water, and leave them to soak overnight. Then steam them in the same way as rice (see page 79) and serve as they are, like porridge.

FRUMENTY

This very ancient English porridge is quite distinct from the Scotch version by being made with wheat. First you must get some hulled or pearled wheat, and having measured a pint of it put it into a basin with two and a half pints of water, and then into a warm oven for twelve hours. Then take it out, and boil it for two hours, when it will be swollen and soft, stirring it well, and seeing that it does not catch. Then pour it into a deep dish, and let it get cold.

Now take as much of this cold stewed wheat as you want, and boil it with double the amount of milk, until it is thick and creamy. It is then ready, and can be eaten in the same way as porridge.

MAIZE MEAL PORRIDGE

(Roumanian)

Bring a pint of salted water to the boil, pour in six ounces of maize meal at once, stick the handle of a wooden spoon in the pan and boil for half an hour without stirring. When the water has reduced to half, take the pan off the fire, and on the side of the stove stir quickly and without stopping until the spoon stick comes out quite clean. Serve at once with cold milk or cream, or with poached eggs.

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NOUILLES

I do not recommend macaroni and its variants as a breakfast dish, as it is impossible to get it adequately fresh in this country. *Novilles*, however, or *Tagliatelle* as they are called in Italy, that particularly attractive ribbon-like macaroni, can be bought freshly made if you live in London (for example from King Bomba in Old Compton Street, Soho), or with a little trouble you can make them yourself, the day before of course. Whether you buy them fresh or make them yourself, they should be cooked simply in salted water for six or seven minutes, no more, drained and served with a little butter mixed with them or some cream.

I am indebted to the late Countess Morphy's excellent *Good Food from Italy* for the following recipe:

'Work three-quarters of a pound of flour with three whole eggs and one yolk, adding a pinch of salt. Work until quite firm. Then roll out thinly into two or three sheets of pastry, and let these stand for about twenty minutes or longer to dry—or better still, hang on the back of a chair or on a line in the kitchen. Then put the pastry on a floured board, and roll up in the same manner as a piece of paper. With a sharp knife divide into quarter-of-an-inch strips, and spread on a floured cloth to dry for about fifteen minutes or longer.

PEASE PUDDING

This is by no means to be despised as a breakfast dish. For a recipe see any cookery book. But my advice is to use, if you can, the little green Italian split peas; they are much better than the usual pigeon feed.

CEREALS

POLENTA

Again I must borrow from *Good Food from Italy*. 'The approximate proportions are just under half a pint of water to every half pound of maize flour. Put the water in a small saucepan, with a good pinch of salt, and scatter in the flour, stirring continuously with a wooden spoon. Let it cook slowly for about thirty minutes, stirring very frequently, and adding a little more boiling water if necessary. It should be thick, smooth and quite free from lumps. It can be eaten plain, with butter and Parmesan cheese, or the butter and cheese can be stirred in just before the *polenta* is removed from the fire.

As far as I am concerned, a little butter and no cheese is the right addition at breakfast-time.

RICE, STEAMED

Rice is sometimes offered for breakfast, accompanied by treacle or, preferably, Maple Syrup. Steaming it is often simpler than boiling. Put a pint of boiling water with a teaspoonful of salt in the top of a double saucepan, and add gradually four ounces of rice which has first been well washed, stirring with a fork to prevent it from sticking. Boil for five minutes, then put on the lid and put the pan on the under-saucepan, and steam for three-quarters of an hour or until the rice is soft. Then take off the lid to let the steam escape, and the rice is ready.

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SOUR PORRIDGE

(Latvia)

Wash half a pound of barley well, and cook it until soft in a pint of water. Then add a pint of milk, cook for ten minutes more, stirring all the time, and finally add a gill of sour milk and half a gill of fresh cream. It is then ready to enjoy.

TARHONYA

Those who seek novelty in their breakfasts might well try this delicious Hungarian cereal, which can usually be bought in one or other of the large London stores. The way it is generally served is as follows: Fry a small finely chopped onion in an ounce and a half of very hot lard until golden brown, seasoning with a very little parsley. Add four ounces of *tarhonya* and pour about five gills of water on it. Add a little salt, and let it simmer for about fifteen minutes, when the water should be absorbed. Serve at once very hot. Some people like to add a little paprika pepper to the onion when it is cooked.

I have found that for those who dislike onions at breakfast (among whom I include myself) an excellent first course can be prepared by simply simmering the *tarhonya* with the butter and water and omitting the other ingredients.

SIDE DISHES

ABERDEEN SAUSAGE

Put a pound of lean beef and half a pound of fat bacon through the mincing-machine twice, then mix well with a breakfastcupful of breadcrumbs, a teaspoonful of salt, and a quarter of a teaspoonful of pepper. Bind with a beaten egg, and add if you like a dessertspoonful of Worcestershire Sauce. Boil for two hours in a floured cloth, and when the roll is done coat it in browned breadcrumbs as you would a piece of bacon.

BAKED BACON

The cold bacon that comes to our breakfast tables is usually boiled, but next time try this Yorkshire recipe which is supposed to preserve the flavour of the meat more effectively. Having soaked the piece of bacon (better it be a fairly large piece), put it into a baking-pan with enough cold water to come an inch and a half up the sides. Then bake in a moderate oven until tender, time of course according to the size of the piece. Skin it while still hot, and coat with breadcrumbs in the usual way.

SIDE DISHES

BRAWN

Put into a large stewpan with just enough water to cover them two pig's trotters, two sheep's tongues, and half a pig's head. Bring slowly to the boil, skimming, then put in two sliced onions and two sliced carrots and salt to taste. Simmer gently. When the tongues are done, take them out and skin them, and when the meat on the other ingredients is quite done, take out the bones, and put the meat back into the stock, and boil until the stock has reduced to about three-quarters of a pint. Then season it to your taste, strain it well, cut up the meat and arrange it in a pudding-basin (which you have first rinsed with cold water), fill up with the stock, and turn out when set.

EGG AND BACON PIE (I)

Soak some thin rashers of bacon in cold water all night, unless the bacon is very mild. In the morning lay them in a pie-dish and pour over them four eggs beaten up with half a pint of cream, and seasoned with salt, pepper and chopped parsley. Cover with pastry and bake in a moderate oven. This pie should be eaten cold, the day after it is made.

EGG AND BACON PIE (II)

Mrs. Roundell gives a 'Family Recipe' for this excellent cold dish. Line a pie-dish with puff-paste. Make a plain custard with egg and milk beaten up with pepper and salt. Put slices of cold boiled streaky bacon at the bottom of the dish, then a layer of custard, then bacon,

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and so on until the dish is full. Pepper each layer of custard well. Bake with a paste over the pie, and serve cold.

HAM LOAF

Mince three-quarters of a pound of lean ham with a quarter of a pound of fat ham, season it with pepper, ground mace and some finely chopped parsley and mix it with two ounces of breadcrumbs which have been soaked in a gill of boiling milk. Bind finally with a well-beaten egg, press down into a well-greased pudding-basin and bake in a moderate oven until the top is nicely browned. Do not turn out until cold.

LIVER AND HAM ROLL

Mince a pound of pig's liver with half a pound of fat bacon, add a pound and a half of breadcrumbs (or less if you prefer) and season with two teaspoonfuls each of very finely minced onion, chopped parsley and sage. Bind with a beaten egg, roll in a floured cloth and boil gently in salted water for two hours. Glaze if you like when cold.

MEAT LOAF (Swedish)

Put through a mincer at least twice a pound of stewing steak, six ounces of pie veal and four ounces of fat pork, and while you are doing this mix together half a teacupful of sieved dried white breadcrumbs and an egg beaten in a good half pint of milk. Also brown

SIDE DISHES

lightly two tablespoonfuls of chopped onion in half a tablespoonful of butter. Now add the breadcrumb mixture, with salt and pepper, to the meat, and work together with a wooden spoon until quite smooth. Finally work in the onion, shape into a roll, and put it in a buttered baking-tin. Bake in a moderate oven for about an hour, basting with boiling stock or water after it has browned a little.

RABBIT JELLY

Cut two young rabbits into joints, and stew these in very little water with a calf's foot cut in half, seasoning with a bouquet of parsley, thyme, and bayleaf. When the meat is tender, take it off the bones and cut it up, with the calf's foot, add a few pieces of cooked ham if you can, and some freshly chopped parsley. Season the liquid well, rather peppery, strain it carefully, pour it over the rabbit pieces, and let the jelly set. Turn out when wanted.

RABBIT ROLL

Mince up finely the meat from a cooked rabbit and half a pound of cooked bacon seasoning with pepper and dried herbs, and mixing with half a pound of breadcrumbs. Moisten with enough stock or water to make the mixture easy to handle (some like to use a beaten egg instead) then shape it into a roll putting three hard-boiled eggs in the middle. Boil for an hour.

SIDE DISHES

SAVOURY LOAF

Put through the mincing-machine a pound each of ham and fresh pork, a small onion and, if you like, a clove of garlic. Season this mince with three teaspoonfuls of salt, two of curry powder, one of pepper and a tablespoonful of sage, and then put through the machine again. Mix in the white of an egg, and a teacupful of cream, and tie up in a cloth. Boil for two and a half hours in three quarts of boiling water, to which you have added a teaspoonful of salt and half a teacupful of vinegar. When cooked, drain well, and when cool put a weight on top.

SHEEP'S HEAD BRAWN

Singe a sheep's head, and boil it with a pound of bacon for three hours and a half. Take off the flesh when the head is cooked, and mince this finely with the skinned tongue and the bacon. Season with salt, pepper, and a little spice if you like, and press into a basin. Cover with a weight, and turn out when cold.

TERRINE OF PORK

The ingredients for this are: Half a pound of pig's liver, a pound and a half of lean fresh pork, and half a pound of streaky pickled pork. Pass at least once through the mincing-machine, mix well and add a finely chopped shallot or small onion, plenty of black pepper, a good pinch of mixed spice, a grating of nutmeg, and, if you like, a little garlic at your discretion (or rub the mixing-basin round with a cut clove of it).

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Then a teaspoonful of mixed herbs, a good handful of finely grated breadcrumbs, and lastly a beaten egg. Put into the *terrine*, and cook in the manner described on page 95.

TERRINE OF RABBIT

Ingredients: Two pounds of fresh rabbit meat, boned, the rabbit's liver, half a pound of fresh pork, two ounces of which should be fat, six ounces of streaky pickled pork and a quarter of a pound of lean raw bacon. Put all through the mincing-machine and season with salt, pepper, and spices. Put into the *terrine*, and cook as described on page 95. If you like to use breadcrumbs and egg, as in the recipe above, do so. It will certainly add a little substance, and make the *terrine* go farther.

MRS. ROUNDELL ON POTTED MEAT OR FISH

Mrs. Roundell is an admirable exemplar of those spacious days when potted meats and other storeroom delights were made at home, and here is her advice on potted meats in general. They are as sound as any.

'Cook the meat till it is quite tender, scrape it finely, and rub it through a wire sieve. Pound it in a mortar, allowing four ounces of butter and a few grains of cayenne pepper (five to ten grains) to every pound of meat. Of course, salmon, lobster, tongue, or shrimps will need less butter than beef or chicken. Potted meat should not be dry, but on the other hand it must not be too moist. Put the meat into small pots or jars, and

SIDE DISHES

cover with clarified butter. Pour this on when just warm over the meat. If you pour it on when hot, you will make the meat greasy. . . . Ham or tongue if to be eaten at once are excellent mixed with stiffly whipped cream, or with butter beaten to a cream. For potted game make stock of the bones, reduce it to a thin glaze and use this instead of beating the game up with butter. Or when the game is minced, warm it up with a good sauce made with the glaze; when well mixed let it go cold, and then beat it up with as much butter as it will absorb without being greasy. Anchovies must be drained of oil, wiped, washed, filleted and dried before pounding them with butter. Rub them through a sieve, and be careful to remove the spines. Bloaters are good potted, all the bones having been got rid of by working the fish well through a sieve after having filleted it. Potted meat when not for immediate use must always be beaten up with butter, not with glaze or cream.

ANCHOVY PASTE

Rub some hard-boiled egg-yolks through a sieve, and heat up with butter or margarine, cayenne pepper, and anchovy essence. Pour into your little jars when hot, and when cold, cover with clarified butter or margarine. The proportions are two ounces of butter, a pinch of cayenne and a dessertspoonful of anchovy essence for every two egg-yolks.

POTTED BEEF (I)

A mid-Victorian cookery book offers this recipe for *uncooked* beef. Put one pound of fresh beef and one

SIDE DISHES

pound of fresh veal together into a jar, and bake with a small piece of butter about the size of a hazel nut, also a little black pepper and salt. Bake *very gently* in a moderate oven for five hours, then pound it in a mortar, and flavour it delicately with mace and nutmeg. Pot, and when cold cover with clarified butter.

POTTED BEEF (II)

From the same book, for *cooked* beef. Take beef that has been dressed, either boiled or roasted, beat it in a mortar with some pepper, salt, a few cloves, grated nutmeg and a little butter, just warmed. Pass through a sieve and press into pots. If wanted for immediate use, it is not necessary to cover the potted beef with butter.

POTTED CRAB

Pound the flesh of two crabs with a seasoning of salt and mace with a little cayenne pepper; rub this through a fine sieve and press it down into small fireproof pots. Cover these with melted butter or good margarine, using about a quarter of a pound in all, and bake in a moderate oven for half an hour. When the pots are cold, cover the contents with clarified butter or margarine.

POTTED GROUSE

See POTTED HARE, on the next page.

SIDE DISHES

POTTED HARE

Roast a hare, let it get cold and take all the flesh off it. Pound this and add a seasoning of black pepper, salt, cayenne pepper, and a little mace or allspice. Clarify as much butter as there is hare, and when well mixed together, pour into small pots, covering these with more clarified butter, when they are cold.

Grouse may be potted in the same manner.

POTTED LOBSTER

See POTTED SHRIMPS (below), cutting the lobster into small pieces.

POTTED SALMON

Pound some cold cooked salmon in a mortar, adding by degrees a seasoning of powdered mace, salt, pepper, and cayenne, and some anchovy essence and melted butter or good margarine, drop by drop. When the right flavour and consistence is reached, rub the salmon through a fine sieve, press it into small pots, and cover them with clarified butter or margarine.

POTTED SHRIMPS

Get a pint of shelled shrimps, freshly shelled ones and not those nasty little dried salt things which fish-mongers get in muslin bags, and put them into a saucepan with three or four ounces of melted butter, or fresh margarine, a pounded blade of mace, as much cayenne as you dare (remembering that it gets hotter with cooking) and a little grated nutmeg. Heat all slowly through,

SIDE DISHES

so that the shrimps become impregnated with the spices, and then pour into little pots. When cold, cover with clarified butter or margarine. (Be careful to see that the shrimps do not boil, or they will toughen.)

POTTED VEAL

Put a pound of finely chopped raw veal with four ounces of finely chopped ham into a buttered jar, add two tablespoonfuls of water, tie over a piece of buttered paper, and steam in a pan of boiling water for three hours. Now pound the meat up finely, adding the liquid from the jar by degrees with as much oiled butter as will make a smooth paste. Season with plenty of salt, pepper, and cayenne, and some mace, and pass all through a sieve. Press into little pots, and cover with clarified butter or margarine.

TERRINES

The subject of the following dissertation, which appeared in *Wine and Food*, the Journal of the Wine and Food Society, and by the kindness of whose editor it is reproduced here, is an excellent adjunct to any breakfast-table where appetites are good and palates discriminating.—A.H.

It is quite a queer thing that in no English cookery book that I know of there appears any detailed recipe for those attractive *terrines* which are so very definitely French in their culinary merit and yet should be so English in their worth; for are there any superhumans who never blanch at that awful moment when perhaps quite important visitors suddenly arrive (it is, of course, always in the country, and on a Sunday) and find the larder reminiscent of Mother Hubbard's? It is true that Mrs. Beeton gives a recipe for French Game Pie, but it is in the lasting properties of the *terrine* that we are interested, as a stand-by and as a store, too, now that conditions of shooting and marketing game are abnormal. This note, then, is specially written for those country-dwellers to whom a pheasant, a partridge or a hare (not to omit the omnipresent rabbit) come as

TERRINES

a sort of native perquisite. We have our English recipes for Potted Pigeon, for example, which can be adapted to other birds, but these are clumsy compared with their French counterparts: a jar of potted pigeons disappears in no time at all, while a *terrine* of, say, pheasant or hare is a joy for a day or two. It may be worth while, then, in these difficult days to give a careful description of the manner in which these *terrines* can be made, having regard in particular to their keeping properties.

First let us note, however, for the sake of clarity, that *pâtés* are only *terrines* with a pastry crust, and that any *terrine* may be turned into a *pâté* simply by cooking it in a raised pastry case—naturally not in the same manner as the *terrine* would be cooked, but in the fashion appropriate to pies in general.

In describing the method of making the contents of a *terrine* (or of a *pâté*), it will be simpler to refer to the two portions of the ingredients as the garnish (*garniture*) and the forcemeat (*farce*). The garnish consists of the best parts of the flesh cut in pieces with the addition of ham or other meat according to the recipe. The forcemeat, which will also be described in detail later on, is a very fine mince indeed, and is best made by using an ordinary mincing-machine with a fine cutter. Otherwise the meat must be chopped by hand, the sinews and hard parts removed, and the whole first pounded in a mortar and then passed through a wire sieve. An added advantage of the mincing-machine is that the different meats can easily be minced together, so that they are not only minced but mixed evenly as well. We should note here that as a rule the seasoning

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for the forcemeat is rather less than a third of an ounce (*twelve grammes*) of *spiced salt* for every pound of the meat. The *spiced salt* is made by mixing ten parts of salt with two parts of pepper and one of mixed spice. This last commodity can be bought ready-made, of course, but if any one wants to make her own, Escoffier gives the following constituents: Put into a mortar and pound until the mixture will pass through a very fine sieve, five ounces of bayleaves, three ounces of thyme (half of it wild, if possible), three ounces of coriander, four ounces of cinnamon, six ounces of nutmeg, four ounces of cloves, three ounces of ginger-root, three ounces of mace, ten ounces of mixed peppers (half black and half white), and one ounce of cayenne. If this is kept in a dry place in an airtight box, it will keep a long time.

If the *terrine* is to be made with game, this should be quite fresh when used: it should not be hung at all. The following recipe is typical:

TO PREPARE A TERRINE FOR COOKING

The recipe that follows is for a *Terrine of Pheasant*, but it can be applied to *Hare*, *Partridge*, *Woodcock*, or even *Rabbit*. Take the best parts of the bird, the fillets from the breast and the best meat from the legs, remove any sinews and skin, season them with salt and pepper, and let them lie with an equal amount of *lardons* (small strips of fat bacon) in a dish, sprinkled with a little brandy, for an hour. This is the *garnish*, and if you can afford it you may add also an equal amount of truffles as there is pheasant. Now take the rest of the meat

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from the pheasant, and mince it up with lean veal and pork in the proportion of six ounces to each pound of pheasant meat and fresh fat bacon in the proportion of a pound and a half to each pound of pheasant. Season this with spiced salt in the proportions given above, mix well together and finish with a binding of one whole egg and three tablespoonfuls of brandy to each pound of the force-meat. These are the main ingredients of your *terrine* or *pâté*, as the case may be. (There are, of course, numerous recipes for these mixtures, but this one is a good example. If you want the forcemeat to be superfine, you can pass it through a fine sieve after mincing it, but for the ordinary country house, a rougher mixture will perhaps be more suitable, and certainly a good deal less trouble.)

Line the bottom and sides of your *terrine* with thin rashers of streaky bacon, buttering it slightly first if you like, and in the middle of the bottom lay a bay-leaf. Then coat it with some of the forcemeat, and fill up the whole with alternate layers of forcemeat, pheasant, *lardons*, and, if you use them, truffles. As the *terrine* fills up, press the contents down with your hand. You will find it easier to do this if your hand is wetted first. It is most important to see that the contents of the *terrine* are solid in this way. Once the *terrine* is full, cover the top with more rashers of bacon, and put another bayleaf on top, with a sprig of thyme and a sprinkling of spiced salt.

(The *pâté* is lined in exactly the same way, a buttered mould having first been lined with raised pie pastry.)

It should perhaps be noted here that the *terrine* to be

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used for this recipe and others like it is generally a round straight-sided earthenware jar, taller than it is wide. If the contents are to be eaten at one sitting, then they may be turned out, and very pretty they look with their coating of pink and white bacon; but if they are to last for a meal or two, then it is better to serve them in the *terrine* itself, and cut from it.

TO COOK A TERRINE

Terrines are cooked in a pretty hot oven, in a *bain-marie* or a tin of boiling water which should come about a third of the way up the *terrine*. The temperature of the oven should be just a little under that for roasting, and it should be kept even, while the *terrine* is cooking. It must be hot enough to keep the water in the pan on the boil all the time, so as to provide the proper moisture to prevent the contents of the *terrine* from drying. Put the *terrine* then into the pan, pour in the boiling water, bring it to the boil again on top of the stove, and then put it quickly into the oven. The time of cooking may be judged by allowing thirty-five minutes for every pound of the contents of the *terrine*, but it is better not to rely entirely on time. When you think the *terrine* should be cooked, take off the cover and push a skewer down into the middle of the meat. If this comes out burning hot through its whole length, the *terrine* is done. Another way of making sure is to watch the appearance of the liquid on top of the contents. If this is still bubbling and turbid, the juices are still exuding from the meat and the *terrine* is not yet

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done. But if the liquid is still and clear, then the cooking is finished.

Now leave the *terrine* to cool slightly for a quarter of an hour, not more. Then put on top of the contents a piece of wood, shaped exactly to the size of the *terrine*, which will fit right down on to the meat. On this put a weight of about four to six pounds, according to the size of the *terrine*. Leave it to get cold, and do not touch it until the next day. It is then ready to be eaten, or it may be further treated for keeping, as described below. If you wish to garnish it further with jelly, for immediate eating, use slightly less pressure when cooling, and when it is quite cold, take it out of the *terrine* and trim it. Make some jelly with aspic and game *fumet*, set a layer in the bottom of the *terrine*, put back the meat and pour jelly round the sides. When this is quite cold turn it out, and garnish it with chopped jelly.

TO PREPARE TERRINES FOR KEEPING

If the *terrines* are to be stored for any length of time, certain important precautions must be taken. These are directed against the meat juices which take the form of jelly when the *terrine* is cold, and it is essential for preservation to get rid of these juices. *Terrines* which are to be stored, therefore, should be cooked rather longer than those intended for immediate consumption; by this means the juices will evaporate in the cooking. Certainty on this point can be made more certain by taking the *terrines* out of the pan of boiling water (*bain-marie*) for the last quarter of an hour or so

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of their baking, and leaving them as they are in the oven. The lack of surrounding moisture will hasten the evaporation of the juices, and presently the crinkling of the fat on the top of the *terrine* will show that all the juice has disappeared. But you must keep a careful watch on it, or you may run the risk of leaving the *terrine* too long, and the top will burn. The experienced cook will know at once when the right point has been reached, by the rich and delicious smell of browning.

Now let the *terrines* get cold in the manner already described, and when they are quite cold, dip the jar in hot water (or put it for a moment or two in the oven), so as to unmould the contents. Remove any jelly clinging to the sides of the jar, and wash and wipe the inside quite clean and dry afterwards. Remove also all fat and jelly from the meat itself, and if you do not think that the extra cooking has dried it quite enough, wipe it well with a dry cloth. It is very important that all moisture should be eliminated. Now put the meat back into the *terrine*, and fill up the sides with melted lard, lifting the meat up slightly with a two-pronged fork or skewer, so that the lard flows underneath. Let it cover the meat by a good quarter of an inch, and leave the whole thing to cool and set. When this is done, put a circle of greaseproof paper on top, and the next day put on the lid, fixing it down with a band of paper.

Terrines treated in this way will keep for two or three months, provided they are stored in a cool, and above all a dry place.

TERRINES

TERRINES IN GENERAL

The general principles of preparing and cooking *terrines* having thus been explained, the enterprising cook will be able to extemporize mixtures of her own; for example, a simple *terrine*, and an admirable one, can be made with fresh pork, pickled pork and pig's liver, while the rabbit can, if treated properly, give quite a presentable impersonation—if undoubtedly an impersonation—of a *terrine de lièvre*. Simpler eaters will find pleasure in simpler meats and a flavouring of herbs and onions—or even garlic—and a *pâté de campagne* (which is really a *terrine*) is described in one of M. Boulestin's early books, a mixture of two pounds of veal, one pound of streaky pork, a quarter of a pound of liver, and a seasoning of spiced salt, shallot, and parsley. Then veal and ham can form the garnish of the simplest *terrine* of all, sausage meat supplying the forcemeat. But Game's the thing, and I shall long remember the gratitude I felt for a *terrine de bécasse* eaten at Wimbledon, of all places! one summer's day five years ago.

BREAKFAST DRINKS

I hope readers of this little book will not think me over-impertinent if I offer some slight advice on the making of tea and coffee, and perhaps cocoa and chocolate, if these are drunk for breakfast. They must excuse me in view of the fact that very often there is just one little hint that they may like to know which will make all the difference between a good drink and an indifferent one.

TEA

Some of the sagest advice about the making of tea was given by Mrs. Roundell in her *Practical Cookery Book*. 'It seems superfluous', she writes, 'to give suggestions for making Tea in these days (1898) when Tea has been the daily drink in England for more than a century. But too often it is, as I once heard an old lady exclaim at breakfast in a large country house: "Footman's Tea! Black as ink, and filled up from the boiler!" See that the water is really boiling,' she continues, 'just come to the boil. If the water has boiled a long time, or if it has boiled and cooled and then been boiled

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up again, it is useless for anything but washing-up. Tea requires water that has been freshly drawn, brought up to boiling-point, and used when absolutely boiling. . . . Scald out the teapot with boiling water, pour it off at once, and make the tea. The old rule is a good one: one spoonful for each person and one for the pot. Do not let the tea infuse more than five minutes after you have added the water, or it will become "Footman's Tea". . . .'

To these remarks I would only add, choose your tea according to the water where you happen to be living. I do not think enough is made of this point, and many people who complain of their tea would probably feel quite happy if they chose a tea more suited to the kind of water they are supplied with. Tea needs a soft water to bring out its best: hard water can ruin most teas. When we went to live in Hampshire after living in London, the tea (and coffee) we were accustomed to drink were perfectly horrible with the chalky water.

Any large tea merchant will advise you on this point, and if you let him know what your water is like, will suggest a suitable tea. There is also a good deal, in my opinion, to be said for those little perforated balls which used to hold the tea during infusion; for after the proper time had elapsed, the ball could be withdrawn from the teapot, and further infusion was prevented. I suppose that they are still to be had, but I have not seen one for many years. Nowadays few people have time for such refinements.

BREAKFAST DRINKS

COFFEE

Here we are on rather more ticklish ground, as there are a number of ways of making this delicious drink, each of which has its ardent advocates. Let me say at once that I always make my own in a saucepan for breakfast, and for black coffee in a dripper. But the most important thing is to see that your coffee is (1) the right kind to suit the water; (2) freshly ground at any rate, if not freshly roasted as well, and (3) ground to the right fineness, e.g. coffee for dripping or for a percolator must be very finely ground. To roast coffee at home you must have more time before breakfast than most people, and I can imagine that the modern servant would certainly shy, to say the least, at such a supernumerary task. But let us consult Mrs. Roundell again, as her days were more spacious than ours, and she has again some sound advice to offer. This time she has borrowed it in her turn from *Wyvern*, which is the pen-name of a certain Col. Kenney-Herbert, who in the late nineteenth century wrote about these matters with much discrimination.

‘Get some really good coffee berries,’ he advises, ‘and roast them *daily* if you want well flavoured coffee. Half the coffee we drink is spoilt by ignorant roasting: a burnt berry will spoil the whole brew. The best way to roast the berries is to stir them about in a small *sauté*-pan over a *very low* fire, doing them in relays and passing them straight to the hand-mill from the pan. A tablespoonful of berries will be found to be quite enough at a time. Melt a little butter, just sufficient to lubricate the berries, and stir them about until they

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turn a light Havannah brown. If a berry takes a darker tint, throw it away at once as you would a reptile. Grind the berries *at once*, and make the coffee as soon afterwards as possible. The butter prevents the escape of much of the fragrance of the berries whilst roasting, and becomes quite dried up before the roasting is finished.'

To roast one's own coffee is certainly a counsel of perfection, but we can at any rate grind it freshly each time. Then he goes on to describe one of the ways of making coffee.

The Percolator

'Be liberal with the coffee,' continues *Wyvern*, and how right he is here! Some of the best coffee can be ruined by niggardliness: better have none at all! 'Allow a tablespoonful to each person.' (He should have specified a *heaped* tablespoonful, I think.) 'This will make a coffeecupful of *café noir* and a breakfastcupful of *café au lait*. Heat the coffee powder for a minute in the oven or in front of the fire. Scald out the percolator pot so as to heat it thoroughly. Fill the upper chamber with as much coffee powder as you need, and ram the powder down firmly. Pour absolutely boiling water, in the quantity required (having regard to the amount of coffee) *by teaspoonfuls at a time* through the upper strainer on to the powder. The slower the water is added, the more the coffee will be soaked and the stronger the ensuing essence. As soon as the coffee has run through, pour it into the cups. If *café au lait* is wanted, pour the hot milk into the cups before the coffee.'

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If black coffee is wanted, see that the cups are heated beforehand. There is another sort of percolator in which the water actually boils up into the coffee, and spouts up into a glass top by which you can tell from the colour of the liquid whether the coffee is done or not. But these are not so good.

Drip Coffee (Café Filtre)

The best of these little gadgets are those which fit over a glass or cup for individual use. They must be attended to, and more boiling water added now and then, while the coffee is dripping, and in my opinion are ideal for black coffee.

Boiled Coffee

This should never be allowed. Coffee boiled is coffee spoiled. My own saucepan method consists of bringing the water just to the boil, taking it immediately off the fire and as quickly adding coffee in the proportions of a good tablespoonful to each breakfastcupful of *café au lait*. Let it infuse for five minutes, and then strain it into the coffee pot.

Cona Coffee Maker

Be careful here not to overcook the coffee. If enough coffee is used, one boil up is generally enough; not three as is often practised. Two might be permissible.

COCOA

Directions for making this are to be found on all tins and packages. The great secret in making it suc-

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cessfully is to use plenty of cocoa, plenty of sugar, to boil it for two or three minutes, and then to whisk it well.

CHOCOLATE

Chocolate is prepared in the same way as cocoa. *Choca*, or as the Americans call it, Mexican Chocolate, may be appreciated by some. This is a mixture of three parts made chocolate and one part very strong black coffee. The coffee is added after the chocolate is made, and whipped cream is handed with it. A little rich for breakfast, perhaps!

MARMALADES AND JAMS

A few examples specially suited for breakfast-time.

CRAB APPLE JELLY

Cut six pounds of crab apples into quarters: do not peel or core them. Put them into a pan with three pints of water, and simmer until tender and broken, for about an hour and a half, adding a little more water if necessary. Then strain through a jelly-bag, and bring the juice to the boil. Add an equal weight of sugar, stir to dissolve, then boil quickly for about ten minutes, when the jelly should set. Skim them, pour into pots and cover while hot. Some like to add a few cloves in cooking the apples, to give them more flavour, but personally I prefer them as they are.

CRANBERRY AND APPLE JELLY

Wash, but do not peel or core, three pounds of apples. Slice them thickly and put them into a pan with two pounds of cranberries and enough water to cover them, simmering until a soft mash. Strain through a jelly-bag, bring to the boil, and while boil-

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ing add an equal weight of sugar. Stir to dissolve, then boil quickly for about ten minutes, skimming, when it should set. Take it off the fire at once, pour into pots and cover while hot.

FRESH FIG JAM

Slice up a pound of fresh ripe figs, and put them with half a pound of peeled and sliced apples, the grated rind of a lemon and the juice of three, into a preserving pan. Put on the lid and cook slowly until the fruit is tender. Then add a pound of sugar, dissolve, bring to the boil and boil quickly for about a quarter of an hour.

GREEN GRAPE JAM

For those with embarrassingly tempting vines outside their cottages.

Having taken the grapes from their stalks, put them into a pan and just cover them with boiling water. Simmer them for ten minutes, then drain them and as they are cooling, press them through a coarse sieve, but fine enough to intercept the pips. Weigh the pulp and for each pound add a pound of lump sugar. Boil gently for ten minutes, stirring and skimming, when the jam should be ready to set.

LEMON MARMALADE

Peel eight large lemons thinly, cut the shreds finely and put them into a pan with the pith cut up small and tied in a muslin bag, the fleshy part of the lemons also

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cut up and four quarts of cold water. Boil until the liquid has reduced a good deal, and the jam is thickish, then take out the muslin bag, but squeeze it well before you do so. Add an equal amount of sugar to the contents of the pan, dissolve, bring to the boil, and boil from ten to twenty minutes.

LIME MARMALADE

Take off the rinds of a dozen limes, and shred them finely. Squeeze out the juice, and put this into a pan with the rinds, the finely shredded pulp tied in a muslin bag, and three pints of water. Boil gently for an hour, then add a pound and a half of sugar. Dissolve, bring to the boil, and boil for about ten minutes. The marmalade should be potted and covered at once.

MEDLAR JAM

An extremely good breakfast jam, I think. The medlars must be ripe, of course. Wash four pounds of them well, and cut them in four. Peel four lemons thinly, squeeze out the juice, cut up the pith, and put all into a preserving pan with three pints of water, cooking gently until the medlars are tender. Then rub the whole thing through a sieve, weigh the pulp and add sugar in the proportion of three-quarters of a pound to each pound of the pulp. Dissolve, bring to the boil, boil hard for five minutes or until the jam sets.

ORANGE MARMALADE

Recipes for Orange Marmalade are to be found everywhere, and these are a great many. Here I only

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give three. First, as this delicious jam apparently originated in Scotland, a Scots recipe; second, as it is not so easy to find, a recipe for a dark marmalade; and, thirdly, a sugarless marmalade for those to whom the ordinary kind is forbidden.

SCOTS ORANGE MARMALADE

(Meg Dods's Recipe)

Take equal weight of fine loaf sugar and Seville oranges. Wipe and grate the oranges, but not too much. (The outer grate boiled up with sugar will make an excellent conserve for rice, custard, or batter puddings.) Cut the oranges the cross way, and squeeze out the juice through a small sieve. Scrape off the pulp from the inner skins and remove the seeds. Boil the skins till perfectly tender, changing the water to take off part of the bitter. When cool, scrape the coarse, white, thready part from the skins, and, trussing three or four skins together for dispatch, cut them into narrow chips. Clarify the sugar, and put the chips, pulp, and juice to it. Add, when boiled for ten minutes, the juice and grate of two lemons to every dozen of oranges. Skim and boil for twenty minutes; pot, and cover when cold.

DARK THICK MARMALADE

Wash and halve twelve Seville oranges and one lemon, and squeeze out the juice. Put the pips into a little muslin bag, and shred the fruit thickly. Put all into a large preserving pan with four quarts of cold

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water. Mark where the liquid comes up to, and boil until the depth has been reduced by rather more than a third: it will take about two hours. Now take out the bag of pips, add eight pounds of sugar, dissolve while stirring, bring to the boil, and boil for an hour and a half to an hour and three-quarters, when the colour will have darkened slightly and the marmalade will set.

MARMALADE WITHOUT SUGAR

Cut the rind from two Seville oranges and an eighth of a lemon into long strips, being careful to see that no white pith adheres to the rind, then cut again into thin strips. Cut the pulp into small pieces. Now put this with the rind into the preserving pan and add the juice of another orange and a pint and a half of water. Boil gently for twenty minutes, add ten tablets of saccharine (0.3 grains each), and boil for another twenty minutes, or until the fruit is tender. Take off the fire, add half an ounce of gelatine for each pint of the marmalade, and bottle in fruit-bottling jars while still hot. Sterilize these, and screw them up tightly.

PEACH JAM

Skin enough peaches to make four pounds and put them into a pan with half a pint of water and a quarter of an ounce of tartaric acid. Boil for half an hour or more, until the fruit is tender, and then remove the stones and add four pounds of sugar. When it has dissolved, boil for five or ten minutes, when the jam should set. Put it into pots at once, and cover while hot.

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To skin the peaches, put them for a minute or two in boiling water, and then quickly into cold. Use a silver or a stainless steel knife.

PINEAPPLE JAM

Cut up three pounds of fresh pineapple flesh into thick slices, and then shred them. Add three-quarters of a pint of water and the juice of a lemon, and simmer slowly until the pineapple is tender and the water has evaporated, which will take about an hour. Now add three pounds of sugar, and after letting it dissolve, bring to the boil, and boil for ten minutes or so, when it should set. Put it at once into your pots, and cover while hot.

QUINCE JAM

Slice two pounds of peeled and cored quinces, and put them into a pan with three pints of water. Cook slowly until the fruit is a soft mash, then add three pounds of sugar, let it dissolve, bring to the boil, stirring, and boil quickly for about ten minutes. As soon as it sets, put it into pots, and cover while hot.

TANGERINE MARMALADE

This recipe is one published by the Chipping Camden Research Station, to which it is gratefully acknowledged.

Wipe three pounds of tangerines, a lemon and a grapefruit, cut them in halves, remove the juice, and slice the rind thinly, rejecting the centre core of the

MARMALADES AND JAMS

grapefruit. Put into a muslin bag about ten ounces of the tangerine peel. Put this bag and four quarts of water into a preserving pan, add half an ounce of tartaric acid, bring slowly to the boil, and boil very slowly until rather less than half the contents of the pan have boiled away. (The bag of shreds should be removed after it has been boiling for three-quarters of an hour, rinsed, and the shreds dried in a cloth.) When the excess of water has been driven off, strain through a scalded linen cloth. Put the strained liquid on to boil, add the sugar, stir until it has dissolved, then bring rapidly to the boil, and boil for about five to ten minutes, or until the marmalade will set when tested on a cold plate. Allow to cool slightly, stir in the shreds, and pot when almost cold, otherwise the shreds will rise to the surface.

WHORTLEBERRY JAM

Pick over three and a half pounds of whortleberries, and wash them well. Put them into a preserving pan with a gill of water and a quarter of an ounce of tartaric acid, and stew until tender and thick. Now add three pounds of sugar, let it dissolve, then bring to the boil, and simmer until set. Whortleberries, having very little pectin, do not set as firmly as most fruit, so the jam is likely to be a little runny.

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